FRENCH COOKING FOR ENGLISH KITCHENS

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FRENCH COOKING FOR ENGLISH KITCHENS

BY

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CONTENTS

CHAPTER		PAGE
I	HORS-D'ŒUVRE	9
II	SOUPS	22
III	SAUCES	52
IV	EGGS	69
V	FISH	86
VI	MEATS	115
VII	POULTRY AND GAME	150
VIII	VEGETABLES	185
IX	SALADS	232
X	DESSERTS	234
	INDEX	263

FRENCH COOKING FOR ENGLISH KITCHENS

CHAPTER I

HORS-D'ŒUVRE

First to be considered are the hors-d'œuvre, if we proceed logically. The hors-d'œuvre which are served with the French luncheon, rarely, except in the case of luxuries like oysters or caviare, with the dinner. They are the preliminary to the rite of lunching with the French business man, an activity important enough so that for generations French business houses, large and small, have hung a sign in the window at twelve o'clock, "Fermé jusqu'à deux heures", and locked the doors! Thus telling the world that everyone from the boss down to the smallest apprentice was somewhere thoroughly enjoying his lunch. A lunch beginning with hors-d'œuvre.

An old French cookery book says: "Hors-d'œuvre are the little, light dishes which have the double advantage of decorating the table and keeping the guests patient until the other

dishes are ready to be served." Thus, as you see, guaranteeing hot, individually prepared dishes for this important meal, and decreasing indigestion among what would otherwise be impatient French business men! In a restaurant like the Brasserie Universelle, or a more individual one, the Belle Aurore, specializing in this course, the variety is too tempting. Fish—international fish, from Norway, Sweden, France, Spain. Sausages, dozens of them, handsomely patterned and boasting silvered or carmined outsides. Foie gras from Périgord or Strasbourg. Intriguing salads of commonplace vegetables. Caviare offered nonchalantly. Tempting pink shrimps. Luscious, cool melons, a greater delicacy there than here. The bright red of tomatoes and radishes. Eggs disguised by subtle sauces and subtler stuffings. Shaved slices of succulent raw ham. Delicate plovers' eggs. Sometimes a *spécialité* of the maison, not to be ignored. This list shows you the possibilities!

Now what are you going to do with them?

Here you are more fortunate than the Frenchman. For where, limited as he is by his food traditions, he can serve them legitimately only with lunch, you can let your imagination

find fascinating uses for them. Appetizers for luncheon or dinner; a naïve contribution to cocktail hour, or tea; a life-saver for picnics; best of all—a solution of that difficult problem, the Sunday night supper. The service for this occasion is important. You can produce stunning effects on large platters, on regular hors-d'œuvre dishes which can be procured from some china stores and always from hotel supply houses, or on the "relish plates" of glass or silver which are so attractive. You can see for yourself what you can do with the rich black of olives and caviare, the luscious red of tomatoes, the crisp near-white of celery, the golden yellow of egg yolks and mayonnaise, the delicate green of Sauce Verte, the fresh green of cucumber.

Although the ordinary French service does not provide for the use of canapés, this is an attractive method for the dining-room, and an especially practical one for cocktail or tea hour. The ordinary canapé, you know, is made of bread toasted on both sides and buttered on one. The French sometimes fry the bread a delicate brown. Given these as a basis (the French word canapé means "bed" or "couch"), much can be done. We shall give a few sug-

gestions, letting your own fertile mind create other combinations.

Our first one is—think in terms of "butters"! Then you will find creating canapés quite easy. "Butters" are made of various food products, especially fish, shell-fish, anchovies, and chicken. The method is simple.

Butters

Mash the fish, chicken, or whatever you are using as a base, well with butter, the amount depending on your taste and the substance being mashed.

Rub through a sieve to make a paste.

The more common ones are made from tuna, shrimps, caviare, salmon (smoked), chicken, lobster. Horseradish, curry powder, pimentos, finely chopped cress, often take the place of the fish or chicken.

To produce a more delicate paste, sweet cream can be added, the result then being called a "cream". For proportions in all these let "experience be your guide".

Butters and creams can be prepared well beforehand, and put in the icebox to cool, covered. Then sandwiches and canapés are a matter of only a few minutes. They combine

well with cucumber or tomato slices, with garnishes or slices of hard-boiled egg, with anchovies themselves or caviare. If you will learn the very simple trick of using a pastry bag, you can produce decorative canapés with a twist of the wrist. Both butters and creams form good foundations for stuffing tomatoes, eggs, olives, etc. A little care in planning the shapes of the toast for the canapés (being careful to cut the bread in the shape desired before toasting), and an eye for colour in making combinations, will add much to the charm of your luncheon or your tea.

Perhaps a few more definite suggestions will be helpful.

Caviare

Serve with toast, either in canapé form or separately.

Use as garnishes, riced white of egg, yellow of egg, chopped onions, or caviare butter. These are the conventional accompaniments of caviare, and more elaborate combinations are not really in good taste. A few drops of lemon juice may be added. But let it speak for itself, with very little added unto it.

An intriguing way of serving this delicacy

is taken over from the Russian cuisine, but has been accepted in the best French kitchens. Combined with pancakes and sour cream, called Blinis.

Blinis

In their simple form, use a thin French pancake, or a very thin and delicate American one.

Brown on both sides.

Spread with caviare, and roll.

Serve with sour cream whipped slightly, and a slice of lemon. If you prefer you can serve the pancakes directly, having the caviare and the cream passed separately.

Anchovies

Serve as they come from the bottle, the curled ones.

Or—prepare canapés, perhaps an anchovy on a slice of tomato or cucumber, or an anchovy garnished with chopped onion or riced egg, or an anchovy resting on a bed of anchovy butter or tuna or egg.

Tomatoes

Serve as salad, the recipe following.

Or as the "bed" for canapés, topped with anchovies; lobster, tuna, chicken, or horse-

radish butter; slices of marinated cucumber; riced eggs and anchovies—anything else that suggests itself. Or stuffed with vegetable, chicken, or fish salads; combinations of creams with other ingredients; eggs and anchovies, etc.

The salads of vegetables which form part of this course are compounded differently in a French kitchen. The following recipes will show the little tricks which make each salad a distinct contribution.

Potato Salad

Boil the potatoes *with their jackets on* until done. But see that they are still very firm.

Peel and slice them while they are hot.

Make a French dressing in the ordinary proportions of one vinegar to three oil, with salt, pepper, a little mustard to season, not neglecting a hint of garlic if the idea pleases you. There will be just a hint, you know, if you rub the inside of the bowl with a cut clove; a little more than a hint if you allow a part of a clove to remain in the dressing a few minutes.

Mix the potatoes with this dressing *while they are hot.*

If you want the salad a little softer, as you find it served often in French restaurants, add *half a glassful of hot water*, after you have mixed the potatoes and dressing.

Let the salad cool. It can stand for some time if necessary.

Tomato Salad

Cut the tomatoes in quarters or eighths.

Marinate (let stand in French dressing) for some time in a cool place before serving. An hour or more will not hurt this salad.

Add slices of hard-boiled egg or cucumber, shreds of onion, the suggested hint of garlic—or all of them —if you wish.

Beef Salad

Cut boiled beef, ox tongue, or pigs' feet in pieces.

Add one half-onion cut fine and a little parsley. Sprinkle with one tablespoonful of vinegar and three of oil (more in the same proportions if necessary for the amount of meat). In this salad the oil and vinegar are not combined before, and the salad is only tossed a bit after they are added.

Cucumbers

Marinate in French dressing, letting them stand for some time.

An attractive way of featuring them is to marinate thick slices which you have hollowed slightly in the centres.

When you remove them from the dressing, place a curled anchovy in the centre topped with anchovy

or tuna butter or cream; or a round of salmon topped by Sauce Verte.

A common salad is made of fresh vegetables in one combination or another, called

Macédoine, or Salade Russe

The vegetables are diced or cut in small pieces.

Carrots, turnips, peas, green beans, are ordinarily used. Cook the carrots and turnips in one dish of boiling water for about ten minutes; the peas in another; the beans in another. They should be soft enough for a salad, but not cooked too much. This separate cooking preserves colour better, and keeps the flavour individual. It is part of the secret of a good French vegetable salad.

Take off the fire, and run cold water over them. (This again preserves colour.)

Mix with mayonnaise for Russe, with French dressing for Macédoine. For the heavier mayonnaise salad, garnish with slices of hard-boiled eggs and parsley. Or fill the whites of hard-boiled eggs with salad, and sprinkle the top with the riced yolks. Caviare or foie gras can be added on top of the yolk if you want a more elaborate dish. This salad has also been mentioned as a stuffing for tomatoes.

Two special dishes are made from the common vegetables—onions in one case, cabbage in the

other. Both can also be served as a relish on other occasions.

Red Cabbage

Chop a red cabbage and season with salt and vinegar.

Put in a slow oven for about an hour.

Drain and season with French dressing.

The second is a masterpiece in a Parisian restaurant noted for its distinctive hors-d'œuvre. It is named after the most famous chef of the last three generations!

Oignons à l'Escoffier

24 small white onions
1 large tablespoonful of raisins (seedless)
1½ tablespoonfuls of sugar
1 teaspoonful of tomato paste
1 tablespoonful of olive oil
Pinch of salt and a dash of cayenne
6 or 8 peppercorns
A sprig of thyme, and a bay leaf.

Put the ingredients in the saucepan, cover well with a mixture of white wine and vinegar in the proportions of two-thirds wine to one-third vinegar. Cook slowly until the liquid is reduced by half. If the onions aren't soft enough, add a little water and continue until they are done.

I want to urge upon you the necessity of having in your larder the very good wine flavourings now on the market. The effect in cooking is much the same as with the wines themselves and the result decidedly worth the effort.

Eggs come in many disguises. Hard-boiled, they are stuffed with fish creams, with yolks combined with mayonnaise or cream, with vegetable salad, with foie gras and truffles, and anything else which you can think up for yourself. Often the service is simply the hard-boiled egg cut in two, surrounded by a thin mayonnaise. More elaborate jellied dishes are suggested in the chapter on eggs.

Really this field is limited only by your imagination and the materials at hand. Hunt for delicatessen stores—Italian, Spanish, Norwegian—and try their specialities. Consider the delicacies which come out of tins or bottles, like anchovies, artichoke hearts, pimentos, foie gras, lobster, shrimps, but don't scorn the more lowly sardines, tuna, salmon, and herring. Most of them are served plain, although sometimes French dressing or mayonnaise accompanies them. Olives are much improved if

you soak them for some time in olive oil with a clove of garlic. They can be purchased stuffed with pimentos, anchovies, almonds, celery, capers, or they can be stuffed at home with fish creams. Caviare and foie gras should be well iced. The Norwegian delicatessen store is a fascinating place where you will find strange fish in tins and delicious smoked salmon always. The Italian, French, and Spanish will supply "antipasto" (an Italian combination of relishes), "salamis" and other kinds of sausages which you may never have seen before but which are most decidedly worth trying.

Radishes, mild green and red peppers, celery, very tender artichokes, can be served in their raw state, adding colour and interest at least. Celery can be stuffed with fish creams, or Roquefort or cream cheese mixed to a paste with cream. We often add pimentos to the cream cheese, although this is not a French idea. Paprika always adds to the decorative effect, however.

Celery root shredded in Julienne fashion (tiny strips) and mixed with a highly seasoned mayonnaise is a great delicacy with the French, while "beetroot" Julienne in French

dressing or mayonnaise is much more appetizing than matter-of-fact slices.

Remember always that the service can and should be very attractive. It is half the value of hors-d'œuvre as we use them.

CHAPTER II

SOUPS

In no department of French cooking is the contrast between the haute cuisine and the cuisine bourgeoise more striking than in that of soups, since soup has been the foundation of many a hard-working peasant's meal in France, just as it has in Russia, Italy, or any other European country, while at the same time it has been a necessary course in any formal dinner. Brillat-Savarin modestly admits that "soup is never made so well as in France" and attributes it to the fact that soup is the basis of the French national diet and that the experience of centuries must necessarily have made it more perfect. It is certainly true that the Pot-au-Feu of the ordinary kitchen can stand its own with the Petite Marmite of a fine restaurant, and that the potato soup by which many French families live is as appetizing as its sister, Potage Parmentier, of menus. Where the haute cuisine has its consommés, a hundred or more varieties, its bisques with a shellfish base, its purées with a vegetable base, and its crèmes, the simple kitchen has

simpler ways that will interest you more. There is a cream soup technique, for instance, which has amazing versatility. It can be made more pretentiously with chicken bouillon or less so with milk. It can appear naïvely in its original state or add subtleties of flavour by the addition of purées. It is a grand soup for the average kitchen because the cook thinks you are teaching her only one process, where you are really creeping up on her with a dozen. This, by the way, is one of the nicest things about French cooking if you learn it the right way, the way of this book!

So this chapter will concern itself mainly with the simple instead of the sophisticated soups, with a foreword about more formal processes.

Consommés may have a meat, fish, or fowl base. Every self-respecting French family has a stock-pot, Pot-au-Feu, on the fire, into which go scraps of meat, chicken, and meat bones, necks, gizzards, and other uninteresting parts of fowl, vegetable waters intelligently chosen, outside stalks of celery, mushroom stems—with that true economy which makes an ice-box unnecessary in an ordinary French kitchen. This becomes the consommé of the simple

family. There is usually a solid foundation of good meat; this Pot-au-Feu is never the watery stuff of many restaurants. The meat in simple families, called bouilli, is usually enjoyed as a plate by itself, its lack of flavour being compensated for by a savoury Sauce Tomate, a Piquante, or some other, highly seasoned. The stock resulting from this soup is of tremendous importance in the French kitchen and should be in ours—for the making of good nourishing soups for the family meal, or of any of the dozens of consommés for the formal dinner; for the braising and poëling of meats, fowl, and vegetables; for intriguing sauces; for almost anything, in fact, adding strength, flavour, and zest to dishes in almost every department of the cuisine.

But how can I make stock on a gas stove? It takes so much time and so much gas, you say. Really neither of these objections holds. Compare the amount of gas used in simmering a big pot of soup which will yield anywhere from two to five quarts of soup stock, the basis of several meals, with that needed to cook a roast of meat in the oven and two or three vegetables on top of the stove!

The trouble? Very little. A few minutes

for the preparation of materials, a few more for the first boil and skimming. *C'est tout.* After that, given the right kind of stock-pot, you can go your own way and leave it alone.

The right kind of stock-pot! Ah, yes. There's the rub! But you can get it—it may be an old black iron one of your grandmother's or the skyscraper, double-bottomed, aluminium one of to-day, just large enough around to fit over the flame, but very tall. Given the latter, which is named technically a stock-pot, and there will be little danger of burning, less evaporation area, and great saving of gas. The copper ones are quite stunning and have the added advantage of serving as a soup tureen at table in informal service. If you are keen about authentic service, of course you will have the little earthenware crocks, petites marmites, for table service. They contain the soup, and are taken to table covered, sitting on the soup plates. At table the covers are removed and the soup poured into the plate—very, very hot. These utensils can be bought in hotel supply stores, and your department or hardware store can order them if they are not in stock. A long preamble, but

I must confess that I want to convert you to the idea of stock-pots, nourishing soups, and jars of rich stock in the icebox. The stock, incidentally, should be poured into sterilized glass fruit jars, chilled and covered, then placed in the icebox.

Now for the stock itself, and the Pot-au-Feu. The foundation of brown stock is beef; that of white and brown veal stock, veal and usually poultry. Here is a simplified recipe for beef stock.

Beef Stock

1 pound beef leg cut in cubes about two inches square
Beef bones split
2 carrots
2 turnips [1]
2 leeks
1 onion stuck with a clove
Heart of celery
3 quarts of water—cold
Bouquet if you wish. (A bouquet is a little bunch of bay leaves, thyme, and parsley tied together.

[1] No really good Pot-au-Feu without a head of white cabbage, the small, compact-leaved, curly-headed kind, added toward the end of the cooking.

Dry seasoning may be substituted—a bayleaf and a pinch of thyme.)[1]

Brown the bones, sprinkled with a little fat, in the oven.

Brown the meat in fat.[2] Add vegetables and cold water.

Bring to a boil quickly. Skim.

Simmer slowly for three or four hours. (The old French saying is "that the pot must only simmer, or smile".) Skim if necessary during the cooking. The longer you cook it the better it is, as the bones continue to give up gelatinous substance for several hours. Some conscientious cooks simmer the bones for hours before starting the meat.

Cool and remove the grease from the top.

Reduce to about a quart by slow cooking.

The reduction makes a stronger extract but is not necessary for a good soup. You can

[1] The nicest addition is jarret de veau, really calf's foot or shin bone—it adds that indefinable transparency and succulence to the broth, and you don't need to be a feeble convalescent to enjoy it either!

[2] Browning the meat in fat—*Hum! Je ne sais pas trop! mais*, if you want the meat to be tasty and retain its flavour, put it in boiling water. Otherwise, if you are keener on the broth part of the game, put it at the beginning in cold water. The water in heating will release all the juices and make richer broth —but the meat will need an extra spoonful of pungent Sauce Tomate or Piquante.

serve the meat and vegetables with some sort of Sauce Piquante, although they do not make a very handsome dish or an especially nourishing one, naturally. Our horseradish sauce makes a good accompaniment. This recipe is for a small amount. It is more practicable to make a larger one as it takes no more time, energy, or gas to make four quarts than to make one. The addition of chicken necks, gizzards, wings, or carcass improves it, while vegetable waters, judiciously added, enrich it. Naturally it is not well to use water in which any member of the cabbage or onion family has been cooked as the flavour is too pronounced.

For the Petite Marmite of the restaurants or any one of the consommés make a Bouillon Double by the following process:

Bouillon Double[1]

Add to one quart of bouillon:
¼ pound of lean veal or beef
1 cupful of water
2 legs, wings, necks of chickens if possible
Seasoning
2 carrots, cut in cubes

[1] Known mostly in the bosom of families as Bouillon Gras.

1 turnip, cut in cubes
1 leek
Cook slowly for about an hour and a half.

If the soup is intended for a Petite Marmite, the vegetables are cooked and served, with croûtons and grated cheese to accompany. If the bouillon is intended for consommés, the vegetables are usually omitted so that a distinctive flavour can be given later. In this case clarification is necessary when the consommé is to be served cold, and a decided advantage if it is to appear hot. The complicated process of clarification demands that the meat and chicken bones of the above be pounded to a paste with the white of an egg, and the cooking continued as directed after these have been added. A simpler way is to add the white of an egg beaten with the crushed shell, and mixed with a little water, when the cooking is almost over. Bring to a boil and cook for about a quarter of an hour. Strain in both cases through a cloth. This broth must be skimmed often, too.

There are dozens of consommés possible, the point always being to get some distinctive flavour. A pronounced vegetable flavour can

be obtained by boiling any one vegetable with the bouillon for perhaps a quarter of an hour. The exact time will vary with the vegetable concerned. Then strain through a sieve and cloth. The flavour and colour of tomatoes will be intensified if you add some raw beef of a good cut, cooking longer in this case. Onions add a distinctive and delicate flavour, really, if they are cooked only a short time. Vegetables like onions and tomatoes are sautéd a few minutes first to bring out the flavour. Celery, artichokes, etc., are added fresh. Pleasant effects are obtained by adding cubes or a Julienne of carrots, turnips, string beans, etc., to the bouillon as a garnish. Croûtons are often used, and other more elaborate garnishes accompany really impressive servings. The most famous one of these is Royale, the recipe for which follows.

Royale

Beat three eggs in a bowl with salt and pepper. Add some boiling bouillon, about a cup. Strain. Turn into a buttered mould and cook in a pan of water (*bain-marie*) in the oven. Don't let the water boil.

When cooked (about a quarter of an hour for

small moulds) chill. Remove from the mould and cut in little pieces, regularly shaped (cubes, rondelles, etc.), for garnish.

Drop in any bouillon or soup.

Some chefs use added yolks to improve colour and consistency. Naturally the Royale must be solid, so if you are in doubt stick a fork into the mixture. If it comes out dry the Royale is done. There are many other Royales —of chicken, fish, game, vegetables—but these belong to the realm of haute cuisine and we shall not bother with them.

Again, the dozens of consommés are only a matter of garnishes or added flavour: carrots, cabbage, turnips, celery, onions, peas, tomatoes, vermicelli, tapioca, rice, etc. The appearance is very important, so think in terms of Julienne, or geometry—cubes, triangles, rondelles, etc. If used for garnishes they should be slightly cooked first, preferably in bouillon or butter.

Cold consommé must look well and taste well, or it is a terrible "flop". To *look* well it must be very clear, so attend to the clarification carefully. To *taste* well it must have a decided flavour of some one thing—onions,

perhaps, or tomatoes, or celery—but not, as a rule, a blend. Save those for the hot soups. Port and sherry are the "de luxe" flavours, but remember that these are added at the end. When the flavour is vegetable, do not hesitate to be a little free with the cayenne tin, for cold consommés need some kind of emphasis. And, oh, for a dash of lemon juice!

Veal stock furnishes veal broth and also the best liquid for poëling or braising white meats, poultry, and some vegetables. It is made the same way as beef except that veal is used, shin veal and scraps, with some chicken bones, necks, and wings if possible. With this stock it is especially desirable to cook the bones first as there is less gelatinous substance. For brown veal stock, the bones and meat are browned first; for white they are not.

Chicken stock can be made in the same way with chicken alone, but a better result is obtained if old hens are cooked in veal stock. Naturally chicken bones and meat are used in the clarification if you follow the more detailed process.

Bisques to be really delicious are much

too complicated for the average kitchen, so we shall go on to the simpler Crèmes and Purées, and the still simpler country soups. All purées are made with a vegetable base, the starchy vegetables like peas, beans, potatoes, etc., needing no extra thickening; the watery ones like carrots, turnips, onions, sorrel, often demanding it. French traditions offer three thickening substances, the simplest one, potato, being used in most country kitchens; the more delicate one, rice, being an easy "compromise" method; and the very old one, breadcrumbs, yielding by far the most subtle and delicate flavour. The breadcrumbs or dice are fried in butter and added after the vegetable has been partly cooked, while rice or potatoes are cooked with the vegetable. Vermicelli, semolina, or tapioca are sometimes used now, too. The amounts necessary you will have to learn by experience, simple enough, for your commonest mistake will be to get the purée too thick, in which case you can easily thin it. Less rice, vermicelli, or tapioca is needed than either potato or breadcrumbs. Try about a teaspoonful or more to an individual serving. With potato or breadcrumbs try almost as much as you have of

the main ingredient—two-thirds is usually a good proportion. The process is the same:

Purées

Cook the vegetables until soft in water with the thickening substance and salt added, unless you are using breadcrumbs. In this case add them toward the end. If you want a richer purée, cook the ingredients in bouillon, veal or chicken.

Plan to have as little liquid left as possible.

Strain, and mash the vegetables through a sieve.

Thin to the desired consistency by adding milk, cream, white stock, or some of the cooking liquid if you want to intensify that flavour.

Put back on the stove and bring to a boil, beating with a whip.

Simmer about twenty or thirty minutes, to blend the flavours.

Bind off the stove by one of two methods:

Add a big chunk of butter, or

Pour into a tureen containing the yolk of an egg beaten with a little water or cooking liquid. Add butter.

One of the most popular purées is that of potatoes, which has a place on all menus under the name Parmentier, as well as in every kitchen. Try this for economy's sake,

sometime, and you will be converted to it for its own.

Potage Parmentier

Brown slightly in butter 2 or 3 leeks, or little new onions, finely chopped.

Add potatoes cut in quarters.

Boil in salted water or stock.

When cooked, follow the technique given above, binding with the yolks of eggs, mixed with cream preferably for added richness, and butter.

Serve with croûtons.

The leeks can be omitted, but they add immensely to the flavour.

Purée de Cresson

Throw a bunch of watercress into boiling salted water, and parboil a few minutes.

Remove and chop fine.

Toss the cress in butter.

Add two cups of hot water. When it boils, add tapioca, about 1 teaspoonful to a cup.

Cook a few minutes.

Bind by the egg method, adding a little thick cream if you wish.

This soup can be given added graces by using a garnish of carrots, lettuce, and leeks, Julienne, tossed in butter. Then it becomes Potage

Gentilhomme. Isn't that a simple way to step up in the social scale? Sorrel and lettuce, tossed, add interest too.

Vying with Parmentier in popularity is St. Germain, a really glorified purée when it is made of fresh peas.

Purée St. Germain

Soak two cups of dry peas in a little water for two hours. (It is preferable to use fresh ones, however.)

Add one quart of water, salt, and pepper, a sprig of parsley, a little shredded lettuce, a few onion slices, and perhaps, a few spinach leaves. This gives a deeper colour and an intriguing blend of flavour. If you want the soup a little richer you can also add a little piece of ham.

Cook slowly until the peas are soft.

Mash and complete the purée according to directions.

Bind with a little butter and some cream if you like. In a soup as rich as this one the eggs are not as desirable.

A very good purée can be made with peas alone, with the possible addition of a little shredded lettuce or a few sprigs of mint. There are various *garnitures* which dress up a

pea purée and make it more palatable—shredded sorrel and lettuce, tossed in butter, a favourite with the French; string beans cut in tiny strips and sautéd; tapioca; and the ever-present croûtons.

Bean purée is a substantial family soup, best when made with dry white beans, soaked and cooked, sometimes with the addition of a little ham. To disguise its eminently practical nature various garnishes are used—Julienne of vegetable, tossed in butter, carrots, turnips, beans, etc.; the well-liked combination of sorrel and lettuce; a macédoine of vegetables.

In a Julienne the vegetables are cut in tiny strips; in a Macédoine they are diced.

The famous Potage de Santé is easily made.

Potage de Santé

Toss sorrel in butter in the frying-pan, with a little finely minced onion.

Cook in water or bouillon with potatoes to thicken. Sometimes peas are substituted for the potatoes to make a more unusual combination.

Bind with the yolks of two or three eggs—to carry out the implication of good health in the name, perhaps, and a little cream.

Have you ever tasted a chestnut soup—or

even thought that such a thing existed? If you have the patience to peel them, a process simplified by instructions given in the Vegetable chapter, you will reap high rewards. This purée is usually thinned with the water in which the chestnuts are cooked and a little bouillon, and bound by the egg method. It is worth trying as a surprise dish.

Carrot purée, not too interesting in itself, will register much better if you follow these suggestions, which result in a Potage Crécy according to French traditions:

Potage Crécy

Brown in butter about one-third of a cupful of chopped salt pork and a couple of tablespoonfuls of chopped onions.

Add about two pounds of carrots, chopped, and sauté gently with the pork and onions for a few minutes, covered.

Add the liquid, water or preferably bouillon, with rice or potato to thicken.

Cook an hour.

Finish the purée as usual, binding with butter.

The crème soup of many variations is good in itself, especially when it is made with chicken

bouillon. My favourite chef showed me this way of doing it, which I will pass on to you.

Potage Crème

Heat one quart of chicken bouillon. (He once made it with tinned bouillon and it was very good!)

Mix in a bowl 2 good tablespoonfuls of rice flour with a little water to make a paste.

When the bouillon boils take it off the stove.

Add about half of the bouillon slowly to the paste, whipping with an iron whip (*see* Sauces).

Then turn this into the rest of the bouillon, and put back on the stove.

Beat steadily while it is coming to a boil.

When it boils remove and bind by the egg method, adding cream if you like.

I have given you the exact technique which he used in this recipe but I'll wager that your results will be as good if you are not so "fussy" —if you add the paste gradually to the bouillon on the stove, whipping all the time. For a lighter soup make this with milk instead of bouillon, adding butter when you bind with the egg. The ordinary technique of Sauce Béchamelle—1 tablespoonful of flour made into a roux with one of butter, with the milk or

bouillon added gradually, does very well, although it lacks the delicacy of the soup given above.

With this as a base obviously you can do much: add the garnishes mentioned for purées and others that your cooking sense will suggest; add vegetable purées themselves, especially those of tomato, onion, and pea; cook other vegetables which release their flavours less readily, as asparagus, cauliflower, artichokes, celery, lettuce, chicory, leeks (blanched and sautéd), mushrooms, in the cream itself, putting the whole through a sieve when the vegetables are soft; combining the cream with the spinach juice left after the cooking process described in the Vegetable chapter, or with the juice of cooked tomatoes. When the vegetables are cooked in the cream they should be finely cut to speed up the cooking. This method produces a deliciously blended soup, hard to be surpassed.

And still there are more soups—the very simple ones of the peasant's kitchen, and a few of the "glories" of France that I should not dare omit!

With neither milk nor bouillon in her house, the French cook can still please her family

with this garden soup, for there is always a garden in every regulated French family.

Potage Paysanne

Cut in small pieces
6 carrots
6 onions
6 potatoes
1 bunch celery
2 turnips
Parsley.

Put the onion in the frying-pan with a large chunk of butter.

Cook a few minutes.

Add the rest of the vegetables. Sauté some more.

Add 1 quart of cold water, salt, and pepper.

Cook an hour, skimming when necessary.

Strain or serve with the vegetables.

The kind of soup that is really the "backbone" of the French family is one like Cabbage Soup.

Potage aux Choux[1]

Put in a soup kettle or stewpan
3 quarts of water

[1] *Moi, je dis toujours:* "*la soupe aux choux*," in accordance with the little ditty that every little French peasant child chants under his breath:

"La soupe aux choux se fait dans la marmite
Se fait dans la marmite
Se fait dans la marmite
Dans la marmite, se fait la soupe aux choux."

½ pound of lean salt pork
½ pound of shoulder or breast of mutton.
Bring to a boil and skim.

Add some carrots, an onion with a clove, turnips, 2 leeks, in about the same proportions as for Pot-au-Feu, string beans and peas in season if you wish.

Simmer an hour or two. Toward the end, allowing enough time for the potatoes to cook, add a few potatoes and a couple of sausages.

Still later add a cabbage cut in quarters.

You can be temperamental about serving this soup. Perhaps you will like to remove the meat, serving this as a course separately after the soup, as is the custom. In this case you can make a purée soup of the rest, thinned with cooking liquor and bound with an egg, but no butter. Or you can serve the vegetables separately with the meat, using the liquor as a broth. Or you can compromise, serving the vegetables with the soup, and the meat afterwards. You can use the general idea—that of "a Pot-au-Feu for a reduced income"—and modify it to suit your larder. My Louise from the north of France used only cabbage, never the other vegetables. I have eaten it also prepared without sausages, although I still

prefer the added piquant flavour which they give.

This same Louise tried to sell me the idea of *beer soup*, a favourite in the north, where it has crept in from Belgium, I believe, but I never *did* give in on that point. I could yield more readily in the matter of cherry soup, although this still seems to me a "trick" dish belonging more naturally to the realm of desserts where it is sometimes served. However, the recipe is yours to do with as you will.

Soupe aux Cerises

Stone a pound of cherries.

Put them in a stewpan with a pint of wine, a pint of water, and sugar to taste.

Cook slowly until soft.

In a little stewpan prepare a roux of flour and butter—a tablespoonful of each. Add the water in which the cherries have been cooked slowly.

Add the cherries, and simmer a few minutes.

Serve with croûtons.

If you have been down in the truffle country you may have eaten Soupe Blanchée, a native product. Although we usually connect Périgord with the extravagances of truffles and foie gras, along comes this soup to demon-

strate again the unassailable FACT of French economy.

Soupe Blanchée

Toss in butter for a few minutes, two buds of garlic and some sorrel.

Sprinkle with a tablespoonful of flour, and mix well. Add three or four cups of water gradually, and boil about ten minutes.

Bind by the egg method—using two to give "strength".

Almost last but not least comes the crowning glory, Onion Soup, which according to one of the famous gourmets of France has assured Gruyère cheese imperishable renown! Although Gruyère can stand on its own I still am inclined to agree with him. A Polish king, father-in-law of Louis XV, was responsible for starting the fad which now takes the smart world a-slumming in Les Halles early in the morning to rub elbows with the husky drivers and to eat the onion soup where "it flows best," so I am told. Having been requested to leave his country, not too tactfully, by his people in one of those temperamental moods for which they have been noted, he came to visit his son-in-law. On the way he stopped

at an inn in Châlons and *found* onion soup! It seemed quite a consolation if we can believe the stories. He was so charmed with the soup that he repaired to the kitchen himself to see how it was made. As the recorder states, "Le roi Stanislas, à qui une soupe à l'oignon fit oublier la Pologne et son trône, a droit à la couronne du sage dans les Champs-Elysées de la gastronomie." Or simply spoken, "the king of Poland who forgot Poland and his throne through onion soup deserves the 'brown derby' in the Elysian fields of gastronomy."

We shall give you two recipes: the one that brought tears to the eyes of Stanislas, and the one that brought tears to ours when Lespinasse of l'Escargot took us into the kitchens and presented us to the chef who made onion soup before our eyes, and told us its secrets.

Soupe à l'Oignon à la Stanislas

Remove the crust from a loaf of bread, and "present" it to the fire on both sides, which we suppose must mean "toast it", in simple language.

Toss the toasted crusts in butter and put them aside.

Brown some onions cut in small pieces, stirring continually so that they will not get too brown.

Add the bread, stirring with the onions.

Add boiling water and seasoning.

Let them *mitonner* (which means cuddle, or stew!) a quarter of an hour before serving.

Sprinkle an "abundant cloud" of grated Gruyère over the soup. The guest will stir this in his plate until the "amalgamation" is completed.

With traditions not yet two hundred years old, this soup has inspired others than the King of Poland to eulogies.

See what a literary man says about it:

> "O merveille! Qui dira sur combien de nuits d'orgie la soupe à l'oignon avec l'onction de son Gruyère râpé, a mis un baume salutaire? Qui dira les estomacs, fatigués par les boissons malsaines, révigorés soudain par ce puissant dictame? Qui dira les épaves sur le point de sombrer dans le néant, ramenées à la vie par ce merveilleux électuaire?"

The gourmets trained on language like this are less easily pleased than the early ones, as the Escargot recipe shows. Although hundreds of French families still make their onion soup in much the same way that Stanislas's was

compounded, the real epicure demands his bouillon.

Soupe à l'Oignon—à l'Escargot

Cut two large onions in slices.

Brown well in hot butter, dredging with a little flour.

Add one quart of chicken bouillon, salt and pepper.

Boil five minutes.

Simmer for ten to forty minutes, depending on the time available.

In a casserole put a layer of toasted hard French roll (in slices).

Follow with a layer of grated Gruyère (plain cheese can be substituted).

Sprinkle a little cream over these layers.

Repeat until the dish is half full.

Pour the bouillon over the layers.

Cook twenty minutes in a moderate oven, about 375 degrees, raising the heat or putting under the broiler to brown at the end.

The Escargot secrets are the use of chicken bouillon, the addition of cream, and the dredging with flour. Other recipes call for either beef or chicken bouillon. Of course, you can use bouillon cubes or tinned essence and get good results.

There is such a thing as cream onion soup, but how the gourmet sniffs at that! However, it *is* nourishing and you might try it on the children some day.

Crème d'Oignon

Brown two large onions, sliced, in a frying-pan, with a big piece of butter.

Sprinkle with a little flour. Mix well.

Add one quart of milk slowly and a little salt.

Boil up once. Pour over toasted French bread.

No cheese with this one!

No article on soups will be complete without a recipe for that amazing dish—Bouillabaisse—a sturdy contribution and a provocative one.

Bouillabaisse

About two pounds of fish—flounders, eels, bass, whiting, lobster, mackerel, sole—any combination of these. (Sticklebacks, too, in Marseilles anyway.)

2 onions cut in quarters.

2 bay leaves, 2 cloves, 1 leek, 2 cloves of garlic, 1 chopped tomato, a sprig of parsley.

Put this in a cheesecloth bag, the fish not too crowded.

Place in a kettle with one pint of white wine, salt, and pepper. Add four tablespoonfuls of oil and a pint of water, enough to cover the fish well.

Place over a hot fire. Cook about three-quarters of an hour, not more, alternately fast and slow.

Lift out the cloth and serve the fish on a plate.

Turn the soup over pieces of French bread or toast.

You can allow yourself great latitude with this dish, as with most "stews". The white wine can be omitted, shellfish can be included or not, garlic can be dispensed with along with some of the other flavouring, other condiments, like saffron, can be added.[1] The fish can be cooked without the bag if those which cook more quickly are added toward the end. This cuts the cooking time to fifteen or twenty minutes. Follow your own ways and the result will be interesting, although it may not be *au fait* from the Frenchman's point of view.

I have eaten as delicious a Bouillabaisse in America as I ever tasted in France, and fortunately at the home of an intelligent gourmet who keeps recipe files. She was good enough to give me the details to pass on to you.

[1] The whole point of the Bouillabaisse in the South is the saffron-flavoured sauce with which it is served with slices of bread soaking in it. Alas! for a Northern palate!

Bouillabaisse Américana

Have ready:

6 slices of red snapper

6 slices of red fish

(If these fish are not available use striped bass and king fish.)

½ bottle of white wine

½ lemon

6 large tomatoes

3 onions

1 bouquet

3 bay leaves, 3 sprigs of thyme, parsley (these are used for a separate process from the bouquet above)

6 allspice

2 tablespoonfuls of olive oil

1 good pinch of saffron

Salt, pepper, and cayenne to taste.

Cut the heads off the fish and make a fumet by boiling them in 1½ quarts of water, with a slice of lemon and the bouquet (thyme and bay leaves).

When the liquid has been reduced to one pint take out the heads and the bouquet, strain the stock, and set it aside.

Rub the slices of fish with salt and pepper, and cut them in pieces.

Mince the thyme, parsley, and bay leaves very fine. Grind the allspice and mix it with the herbs.

Rub the fish well with this mixture.

Pour the wine into the pan and stir it well.

Add 6 large tomatoes sliced fine. Boil well.

Add the half-lemon cut in thin slices and the fish stock.

Season with salt, pepper, and cayenne.

Reduce about a half.

Add the fish and boil five minutes.

Meanwhile, prepare one pinch of saffron chopped fine. Put it in a small, deep dish and add some of the sauce in which the fish is boiling. Dissolve well.

When the saffron is melted spread the saffron over the fish.

Fry toast in butter and pour the whole mixture over it.

Lobster, mussels, clams, crabs, or other fish can be added.

CHAPTER III

SAUCES

The idea seems to exist with most cooks that French sauces are a mystery. I do not wonder. For even the simplest sauce is so delicate, so blended, so perfectly a part of its accompanying dish, that one understands why French cooks were decorated and patronized by kings. A simple Sauce Verte served with the firm white and coral of a lobster, or the fresh pink of salmon, makes a ravishing picture which titillates the appetite and not in vain! One of the many white wine sauces with sole—a whiff of it and the palate responds. A creamy Béarnaise with a juicy steak lifts this solid meat onto quite another plane. A pale yellow Sauce Crème with green string beans, and even the most recalcitrant child will cry for more vegetables!

They sound very impressive and look so when you see them on a menu, but they can really be made by simple methods with very little loss of flavour—in some cases, none at all. Many of the sauces commonly used can be divided into three classes: those with a

mayonnaise base; others with a Béchamelle base; and still others with a butter base. If the base sauce of the group is learned the variations are simple. That is—if you know how to make a good mayonnaise, a tasty Béchamelle, and a simple butter sauce, you can snap your fingers at a French menu! You can easily make fifteen sauces to tempt the appetite of your family and arouse the envy of guests. Not the flat, meaningless patterned sauces of the average hotel menu either, but distinctive ones to give culinary colour and distinction to the palest fish or the toughest cut.

You will need no recipe for mayonnaise. The French method is the same as ours. The variations are extremely simple, but have the advantage of seeming impressive. The most common is

Sauce Verte

Wash two handfuls of spinach and cook in water about three minutes.

Squeeze in a cloth to remove the water.

Mash through a wire sieve. (The French have two valuable aids in making any sauce—the wire sieves of different sizes, and the wire whip which has

no equal for blending flavours and producing the creamy consistency so desirable. The whip plays its most important rôle with the Béchamelle sauces. You will find a wooden pestle useful also in mashing things through the sieve.)

Add the juice and the spinach on the under side of the sieve to mayonnaise.

Whip well to blend.

To give a more piquant flavour do not hesitate to add a little chopped tarragon or tarragon vinegar, chopped chives, and parsley.

With the mayonnaise already in the icebox surely this recipe calls for little added èffort or time, but the sauce will transform cold salmon or lobster from a plain everyday luncheon dish to an intriguing delicacy.

Perhaps a delicate pink dressing will suit your personality or your taste better than a green one! Then you can make

Mayonnaise Corail

Pound the coral of a lobster, and add to the mayonnaise.

A *de luxe* form which you may like to use with asparagus or some other green vegetable, or with some Americanized forms of salad, is

Sauce Chantilly

Add about two tablespoonfuls of fresh cream, well beaten, to mayonnaise.

Just a more delicate mayonnaise, that's all, so don't let the name scare you when you see it on a menu.

The one most common with us is the most detailed—

Sauce Tartare

Prepare two pickles chopped fine, chopped parsley, and estragon, and green pepper, substituting tarragon vinegar if you have to.

Add to mayonnaise, and yesterday's cold fish becomes something exciting!

There is a Ravigote family—the name means almost anything! Actually ravigote is a term used to describe a mixture of chopped fine herbs. Applied especially to sauce it may mean a cold sort of vinaigrette, a cold sort of mayonnaise, or a hot sort of cream sauce to be served with boiled fowl.

The vinaigrette variety is often served with calf's head or sheep's trotters, or cold vegetables like asparagus. For the mayonnaise sauce, simply add to the original sauce chopped

fine herbs, such as tarragon, parsley, chives, cress, chervil, and a hint of garlic if you like—and a little more vinegar and mustard than the original mayonnaise has.

The butter sauces are the essence of simplicity and you will be very foolish if you do not make the most of them. The most common, of course, is

Meunière

Put one tablespoonful of butter in the hot frying-pan in which you have fried fish or whatnot. Add salt and pepper, letting it come to a boil. Brown a very little—the French say—until it exhales a "nutty odour" and is a "golden brown". Add a little lemon juice and some chopped parsley.

This is also called Beurre Noisette.

Maître d'Hôtel

The same as Meunière except that the butter is melted only, *not* browned.

Beurre Noir

The same as Meunière except that the butter is browned much more, until it is almost black. Vinegar is used instead of lemon, a stronger flavour being necessary.

This sauce makes an exotic dish out of matter-of-

fact eggs or vegetables, and goes most appropriately with calf's head or brains.

Beurre Maître d'Hôtel

This may be used instead of the sauce. It is simply butter creamed with a wooden spatula or spoon, to which are added salt, pepper, chopped parsley, and a few drops of lemon juice. Sometimes other fine herbs, chopped, are included.

Beurre Ravigote

This demands the presence of the chopped fine herbs—chives, parsley, tarragon, chervil, etc. Otherwise it is made like Meunière.

A very special kind of butter is that used with snails and frogs' legs. This may interest you sometime.

Beurre Escargot

Mix together:
¼ pound of butter
1 small bud of garlic crushed
1 tablespoon of chopped parsley
A few stale breadcrumbs
Salt and pepper
Knead thoroughly.

Don't forget also that these "butters" can be

made long before and kept on ice. Others which will prove helpful occasionally are discussed under Hors-d'Œuvre, if you remember. Before going on, however, I want to call your attention to a by-product of "butters" which is a great time saver. Mix flour and butter in little balls and keep them on hand in the refrigerator. Use them for slight thickening—in sauces, vegetables, etc. This is a valuable trick to know.

We make what we call a cream sauce. So do the French, but they call theirs Béchamelle, and it is not lumpy and pasty! It is the base for the next group, so even if you are addicted to your own ways, do listen to theirs and see if perhaps it is not an improvement. Before you start be sure that you have one of the wire whips that I have mentioned.

Sauce Béchamelle

Take one tablespoonful of butter and one of flour.

Mix these together off the fire in a stewpan.

Put over a slow flame, stirring until cheesy.

Take off the stove. Add one glass cold milk, salt, and pepper. Mix well.

Put back on the fire and bring to a boil, whipping constantly.

Continue whipping until thick, adding more milk if necessary.

This is the exact method of a very good French chef. You will see resemblances in it to your own which you may prefer, but whichever you use, *whip* and *whip* and *whip!* With a *wire* whip. You may use water or veal stock if you wish in place of the milk, depending on the use to which you intend to put the Béchamelle.

The French have a sauce which they call Crème, but be careful not to confuse this with our cream sauce, which is the equivalent of Béchamelle, as you see. Their Sauce Crème is only a more delicate and handsomer Béchamelle, made by adding the yolk of an egg to bind, beaten in a little cream. Remember that eggs added to bind are combined *off* the stove. This sauce is often used with green vegetables like asparagus, green beans, etc.

A sauce which you will often employ during the course of following these recipes is

Sauce Mornay

A simple process of adding grated Parmesan or Gruyère to Béchamelle.

Another popular one, frequently used with meat and egg dishes, is

Sauce Aurore

Add 1 tablespoonful or more of tomato purée to the Béchamelle. The amount depends on your taste.

A delicate-looking sauce, which you will find useful in fish dishes, especially, is

Sauce Crevette

Add shrimp butter (*see* Hors-d'Œuvre) to Béchamelle. Boil the sauce up once or twice, strain, and season with a little cayenne.

Still another ravigote to prove that it has a suspicious number of "aliases", enough to give rise to plenty of controversies among amateur cooks.

Sauce Ravigote

Put 1 tablespoonful of tarragon vinegar and 1 of plain in a small saucepan and reduce to half by boiling.

Add one cup Béchamelle, 1 small tablespoonful of chopped estragon if you have it, 1 teaspoonful of chopped chives, parsley, chervil, shallots (as many of them as you have).

Heat together.

Remove from the stove and bind with butter.

This sauce is a common accompaniment to boiled fowl.

A delicious sauce founded on Béchamelle takes its name from the famous gourmet, the Prince de Soubise, of whom Brillat-Savarin relates an entertaining anecdote which throws some light on really "elegant" French cooking. The Prince was planning a fête to be followed by a grand supper. His maître d'hôtel brought a menu which included the staggering item of fifty hams! The Prince questioned this—

> "What, what, Bertrand! Fifty hams! Do you think you are dining a regiment?"
>
> "No, my Prince. Only one ham will appear at supper. The remainder are for my 'espagnole', my 'blonde', my 'matignon', my——"

Even to a gourmet like the Prince this argument hardly stood, it seems, although we believe that in the end he gave in. Nor, knowing the pride of performance in the French chef, can we believe that this was just another padded expense account. It was

undoubtedly the same conscientious servant who created this sauce.

Sauce Soubise

Mince six or eight large onions and brown them in a frying-pan with a large chunk of butter.

Add to the onions one cup of Béchamelle, salt, and a little powdered sugar. (In place of this technique you can use the simpler one of sprinkling the onions with a tablespoonful of flour, browning slightly, and adding water, veal stock, or milk, proceeding as for a Béchamelle.)

Cook about half an hour and put through a sieve. Bind off the stove with cream and butter.

This sauce is delicious with chicken or meat, and is also used in certain vegetable dishes and garnishes. You can make a different chicken casserole by sautéing the chicken and adding it to the sauce when you combine the Béchamelle and onion. Put both in a casserole, the cooking being completed in the oven. Then strain the sauce, and serve it with the chicken. Veal bouillon makes this sauce richer.

I have left till the end the more difficult sauces made with a bouillon base. The grands chefs go through elaborate processes to make these sauces—matters of brown roux, Espa-

gnole, Demi-glacé—too much for the average housewife. The chef who presides over the pots and pans in a large restaurant is not bothered at all by their intricacies, but you would be! So I have tried to translate a few of them into the plain language of bouillon cubes and water.

Any good French chef and any good French housewife insists upon brown roux, contending that the flour must be well cooked to be digestible and to have its flavours released. The process is very simple and also saves time when you are in the midst of a busy preparation for a meal.

Brown Roux

Take a tablespoonful of flour and one of butter.

Mix together as for Béchamelle. Then put over a slow fire, stirring continually until the mixture is well and evenly browned.

Remove it and stir until cool.

When you want to add bouillon to make a sauce, put the roux on the stove again, adding the bouillon slowly. The above amount does for one glass of bouillon.

The roux can be made in larger quantities and kept in the icebox.

Of course, there is a "short cut" which the busy housewife takes in an emergency. She sprinkles the object which is being cooked with a tablespoonful of flour, browns it, adds a glass of bouillon, and usually a teaspoonful of tomato purée, and has a sauce which the grands chefs evolve with more trouble and more time.

White roux, the thickening for white sauces, is made in the same way except that the flour and butter are not allowed to brown. The short cut to this is to mould butter and flour in a small ball which can be added to the dish being cooked, the method mentioned before. Among the sauces commonly made with a brown roux base is

Sauce Robert

Heat one tablespoonful of butter. Add two minced onions. Brown very slightly.

Add the combination of roux, tomato paste, and bouillon described above, salt, and pepper.

Cook about a quarter of an hour.

Before serving add one teaspoonful of mustard and a little vinegar.

This sauce, like Piquante, is a favourite with pork.

Others which you may want to know in a

simple form are Chasseur, Périgueux, Fines Herbes, and Madère.

Sauce Périgueux

Look for truffles in anything Périgueux, just as you do for garlic and tomatoes in dishes Provençale.

Mince very fine a few truffles, 5 or 6 mushrooms, part of a garlic bud, some parsley, and some scallions.

Fry in a little hot oil until slightly browned.

Add one-half glass bouillon-roux-purée combination, and one-half glass white wine, salt, and pepper.

Reduce by boiling.

Remove the grease from the top before serving.

This sauce is a classic with beef.

Sauce Madère

Use a base of brown roux, bouillon, and tomato purée.

Add salt, pepper, and a bouquet.

Cook to reduce.

Add two tablespoonfuls of Madeira before serving.

Sauce Chasseur

Sauté some mushrooms in oil.

When browned add a couple of shallots or scallions, chopped. Toss a minute in the butter.

Add a half-cupful of white wine. Reduce to half.

Add the roux-bouillon-purée mixture, about a cupful.

Cook a few minutes.

Bind *off* the fire with butter. Add a little chopped parsley and estragon, or tarragon vinegar.

There still remain certain mongrel sauces which do not fit into any of these classifications. Chief among these is Hollandaise, the rock on which many culinary ships go aground! Every cook has his secret way. He whispers it to you—but it never works. So I promise you nothing! But I will modestly present two recipes which have been guaranteed fool-proof by their sponsors: one a chef of renown, the other my clever Germaine. Try either or both, but if they do not work, do not blame me! Work out a way of your own.

Hollandaise, Number 1

Reduce to about one-third of its original volume in a tiny stewpan, a wine glass of vinegar with a little pepper.

Cool.

Add the yolks of three eggs. Put the pan in one of hot water and whip continually with a wire whip until the sauce thickens.

Add about a half-cupful of butter, divided into parts, whipping all the time.

Add salt and a little lemon juice, off the fire.

If it is too thick, thin with a little water before you remove it from the fire, cooking for an instant.

Hollandaise, Number 2

Put in a tiny saucepan the yolks of two eggs and two half-shells of water.

Whip these together with a wire whip.

Place the little pan in one of hot water over the flame, and whip until the mixture is creamy.

Add four tablespoonfuls of butter off the stove, in small pieces, whipping all the time.

Put back on the stove in the hot water and whip continually until it is the right consistency.

Remove and add salt, pepper, and a little lemon juice.

•

The French have another sauce which they call Sauce Bâtarde—a sort of "false Hollandaise"—to be served with fish and vegetables. It is also called Sauce Blanche.

Start as for a Béchamelle, with 1 tablespoonful of butter and 1 of flour, mixed off the fire.

Add 2 cups of hot water, salt, and pepper. Mix well.

Add yolks of 2 eggs. Beat.

Put on the fire and beat rapidly until it comes to a boil.

Remove and bind with butter.

Add a little lemon juice or vinegar.

Related to Hollandaise is Béarnaise, which should be a favourite with the man of the house who *must* have his porterhouse or his beef fillet.

Sauce Béarnaise

Put in a little saucepan a chopped shallot, a sprig of tarragon hashed, and salt. Add one half-cupful of vinegar (part of it tarragon if you have not the fresh herb). Reduce by boiling to about one quarter its volume.

Cool. Remove the leaves. Chop them fine.

Add to the vinegar the yolks of two eggs, using the same technique as with Hollandaise.

Add three tablespoonfuls of butter, off the stove as with Hollandaise.

Cook about a minute over hot water. Add the chopped leaves.

Vinaigrette is too simple to get much room or attention. Start with French dressing, either the classic proportions of three oil to one vinegar, or the more radical one, very acceptable to the French palate in some dishes, one of oil and one of vinegar! Add chopped fine herbs, whatever your garden grows, not neglecting onions and capers. This is sometimes called Ravigote, too.

Are they then really too difficult, these sauces?

CHAPTER IV

EGGS

You *can* get plain boiled eggs in France; they are a great favourite at station buffets! You can get fried ones, although more often their substitute appears decorously in little earthenware dishes, named "sur le plat". When they do use the frying-pan the French produce a different variety from ours!

But as with everything else their creative spirit runs riot when faced by a harmless white ovoid, so that you are apt to see it appearing under any one of the dozens of scrambled (brouillé) guises; always pleasing in the incomparable omelet; and adding new graces unto itself en cocotte, poché, or boiled and much dressed up!

The boiling technique necessarily remains the same in any language.

Frying is a different matter. The fried egg —French—can be recommended for even the most delicate digestions. More often quite fresh, the eggs sit up perkily, always retaining their shapes. A secret of this as well as of their special delicacy lies in the cooking technique.

The egg is usually broken onto a saucer, salted and peppered. Then—slide it very gently into a tiny frying-pan which holds two tablespoonfuls of hot oil,[1] tilted down into one side so that it is deep. With a knife or wooden spoon you curl the white up around the yolk, keeping the pan tilted. This makes a handsome "nest" for the yolk, and also keeps it soft. You turn it or not as you please. But—you never cook more than one at a time—one egg, one frying-pan—no mass production! This is the secret of the pretty white ruffle.

As our editor says, this is a south of France method. In the north they are apt to use butter much as we do, but in some mysterious way they still produce the "ruffle".

Eggs also appear with bacon or ham, a concession to the English. Tomato Sauce is often used as a garnish. Sometimes the chef is inspired to grill half-tomatoes, to serve as a setting for the fried eggs, surrounding the whole with slices of onion browned in oil; sometimes he bursts into culinary rhapsodies and fills tomatoes with mushrooms sautéd with shallots and parsley. The eggs are always

[1] Oil? *Té, mon bon! sur la Cannebière!* perhaps—but Olive then—not a substitute!

good too, and decorative, served on spinach as you do poached eggs. A little anchovy, cut up, added to the spinach puts this dish in the luxury class, so that even the humble fried egg can grace the most sophisticated table. Important in itself, it also serves as a handsome garnish for some of the most pretentious dishes.

Oeufs sur le Plat

One of my favourite cookery books says:— "Tout le monde sait faire des œufs sur le plat", or "Every one knows how to make eggs *sur le plat*". But he must mean every Frenchman by this complimentary gesture. I am sure that most of you have successfully fed husbands, children, and mothers-in-law without knowing this simple secret. Too bad, too, since it is not only delicious but is so economical in the matter of dishes and service. Cooked and served in the same dish. Of course, it must be the right kind of a dish—a crockery one with an edge about half an inch high, the size of a saucer. The secret of the cooking is speed! Have butter in the bottom of the dish—hot. Break the eggs in (two). Baste with hot butter. Let stand a minute over the

flame, then put in the oven a minute to solidify the top of the egg white. Salt just before serving and make it still more handsome by sprinkling a little black pepper *just* on the yolk. Sprinkle with the melted butter at the last minute.

Delicate, delicious, and not so difficult, you can spring all sorts of variations on it too—letting the butter darken before putting in the egg and sprinkling with "black butter" at the end. Or putting minced bacon, ham, or salt pork in the bottom of the dish, and breaking the eggs over it, doing all the cooking in the oven. Or garnishing with little grilled sausage or kidney and dressing with tomato sauce or Périgueux. Or replacing the butter with two or three tablespoonfuls of veal stock, seasoned with tarragon vinegar, a favourite trick with Brillat-Savarin. Or sprinkling grated cheese on the bottom with the butter and again on top. A dish that will send all your guests home "guessing" could be produced by using anchovy butter instead of plain, and adding anchovies, or olives stuffed with anchovies, for a garnish. The little dishes can be bought in any kitchenware department, made of the same pottery as

casseroles. They make an agreeable service for a buffet breakfast, especially.

En Cocotte

Means here another little dish—a tiny casserole or ramekin, large enough for one egg. This is perhaps the simplest egg technique known to the French, with the exception of à la coque. A little butter is placed in the bottom of the cocotte, and the egg broken into it. It is placed then in a bain-marie—or, in ordinary kitchens, a pan of hot water—and cooked there. Simple in the beginning, it is served simply, too—with a few garnishes, if any. If you want more calories, put a little cream in the bottom of a heated cocotte with a piece of butter. Break the eggs in, season, and cook in a pan of hot water, as above. Or mix the egg and cream gently, after a couple of minutes, and continue the cooking in the oven a few minutes covered. Sometimes minced mushrooms or ham or chicken livers are put in the bottom of the cocotte, and Sauce Soubise makes a tempting lining, but the simple method is really more popular.

And now we have left the three major

operations—poaching, scrambling, and the omelet.

Even the poached egg is treated with far more consideration in France than here. These are the steps:—

Poaching

Have some water boiling in a frying-pan, to which has been added a little vinegar, but no salt.

Plunge the egg in boiling water for an instant before breaking it.

Break the egg on a saucer, sprinkle a little salt on the yellow.

Slip quickly into the water.

When the water commences to boil, lower the flame so that the egg will poach without boiling.

When cooked, lift it out and plunge into cold or hot water, depending on how you want to serve. You can really be quite nonchalant about this. I have seen my favourite chef pick one up as casually as he would a potato. The purpose is to remove the taste of the vinegar, and since the vinegar has been added to stiffen them so that they can be handled, you have an endless chain technique of great value! The advantage will be pleasantly evident when you want to serve them as garnishes, or make a particularly attractive-looking dish.

Unlike the fried-egg process, you are permitted

to poach several at a time. Having your poached egg ready to toss about like this, you can do much with it. Here are a few suggestions:—

Oeufs Mornay

"Cheese"—you're ready to say quite automatically when you see that word, now, aren't you? And cheese it is!

Dry the poached eggs and place them on a flat dish. Surround them with croûtons browned in butter. Cover with Sauce Mornay, quite thick. Sprinkle the top with breadcrumbs, grated cheese, and melted butter.

Brown under the grill.

Other sauces can be used in the same way—Aurore, Cardinal, Périgueux, etc., minced ham, truffles, or mushrooms can be added, if you like. These sauces really are going to prove valuable to you!

Florentine

Watch for the spinach when you see this word!

In this case put a little spinach in the bottom of the dish, the poached eggs on top, Sauce Mornay over the whole. Again breadcrumbs, grated cheese, melted butter—and a few minutes under the grill.

Beaugency

A dressy dish, very simple to make. Place the eggs each on an artichoke bottom, cover with Sauce Béarnaise. Or, for another variation, use Sauce Périgueux, garnishing each with a truffle, naturally.

The French scrambled egg is the creamiest thing imaginable, utterly delicate and removed from any idea of sound nourishment! Just the proper thing to tempt an invalid or persuade the small child that he is having a treat. By comparison, ours are solid, practical, and uninteresting.

But how accomplish this miracle? The most difficult thing to tell you, since the best of French chefs and the best of French housewives disagree. Perhaps, after all, the solution lies in your own good sense.

Our favourite way, which "guarantees" results according to its sponsor, follows.

Oeufs brouillés

Butter the frying-pan.
Break the eggs in *whole*. Add seasoning.
Add one dessertspoonful of cream for each 3 eggs.
Place in a pan of boiling water (bain-marie).
Mix the eggs quickly with a whip or fork until

they are creamy, but don't let them get too thick and dry.

Serve immediately.

Another fine cook insists upon putting them in the frying-pan beaten slightly, stirring them with a *wooden* spoon, and binding them with butter and cream (same proportions as above) off the fire, before serving. He will allow you to use a low flame, too, instead of the bain-marie.

I have invented something else. I beat all eggs but one and slightly stir them in the butter, etc., and, when they are all but cooked, break in that last egg and stir the whole thing gently but firmly—it gives the mixture that "*moelleux*"!

So take your choice, use your own good sense, and surprise your family. By now you are French-minded enough to make up your own variations, I'm sure. Perhaps mushrooms, asparagus tips, truffles, tomatoes, chicken livers, shrimps, onions—all sautéd first; grated cheese, anchovies, pimentos, etc.

We have left the omelet until the last, because although it is just another dish to the French, to us it is a *chef-d'œuvre*. To be sure, a

French poet has called it "Le sourire embaumé du déjeuner rustique", but that's only another way of saying that it is a national institution highly admired in spite of its omnipresence. Given a good cook who can make a decent omelet and the whole household is apt to revolve around her. Why keep it a mystery? It really is not an achievement to deserve gold medals or special dispensations. Any French chef, any French housewife—I could almost say, any French child—can make one! Our trouble is in taking it too seriously!

A famous French chef has said—"The procedure for omelet is at once very simple and very difficult." But it is really difficult because we make it so, or because tastes differ and it is hard to please everyone.

Why not start with some "Don'ts"?

Don't beat the eggs separately! And *don't* beat them too long.

Don't treat the omelet too gently when you are cooking it. *Don't* hesitate to stir it quite firmly with a fork if you want to, instead of pricking it fearfully and tenderly. The heat must get through.

Doesn't it sound simpler already?
Now for the constructive advice:

Break the eggs in a bowl. Season, salt, and pepper. Beat well with a fork, but not too along. Have the butter warming in a frying-pan, until it smells "nutty", almost ready to brown.

Turn the eggs into a pan over the hot fire. Use the fork to detach the eggs from the sides of the pan, moving them toward the edges, which cook more rapidly. At the same time, turn the bottom up toward the top, in the centre. The object of this turning is to have the eggs cook evenly. When the whole mass is creamy and a little solid, stop and let it form its shell on the bottom. Shake the frying-pan a little to keep it from sticking. When it is cooked as you want it, detach it gently from one side, and roll it with the aid of a small spatula or fork toward the other side. Slip it onto a platter and serve immediately.

A spoonful of milk can be heavenly, but given a stubborn frying-pan, it makes the omelet stick; but add a tablespoonful of water—yes, plain, from the tap—and stir it in—it does something.

Some chefs add a little water to the egg. Perhaps just now the process still seems intricate, but the day will come when you can toss off an omelet with one hand, and do

lots more things with the other. Then you may like to surprise the family by an

Omelette aux Fines Herbes

Add a small quantity of chopped parsley, chives, tarragon, whatever you have in the way of small herbs, to the eggs while you are heating them.

Omelette àl'Oseille

Toss a little sorrel in butter. Add to the beaten eggs.

Parmentier

When you see Parmentier, look for potatoes. Sauté small thin slices of potato in butter, and pour the beaten egg over them. In the country this omelet is often turned like a pancake and served flat.

Pieces of bacon or salt pork sautéd are often added to make a family dinner. The technique is—

Cut the bacon or pork in small pieces.

Sauté in butter (Yes! just that—it's a French trick).

Pour off most of the grease.

Add the beaten eggs. Proceed as before.

Omelette aux Rognons (Kidneys)

Cut the kidneys in pieces and sauté in very hot butter.

Mix a teaspoonful of flour with the kidneys. Add one-half cup of bouillon and a big teaspoonful of tomato paste. Reduce by cooking but do *not* boil. (For a richer dish you can use half bouillon and half red wine.)

When the omelet is ready, pour the sauce over it, and serve. Or put the sauce in the centre and roll. You can use this same technique with a combination of chicken livers and mushrooms.

Omelette aux Crevettes (Shrimps)

Prepare a shrimp sauce as follows:

Take a cup of Béchamelle as a base.

Add to it—shrimp butter to taste (shrimps pounded to a paste with butter).

Reduce a little by boiling.

Strain.

Season highly with cayenne.

When the omelet is ready to roll, cover with a paste made of cut-up shrimps and the sauce, roll, and garnish with sautéd parsley.

For omelets with mushrooms, truffles, onions, artichoke, tomatoes, asparagus, etc., add these sautéd to the beaten eggs, and proceed as for a regular omelet. For cheese, simply include

the grated cheese with the eggs. Tomatoes may be sautéd and used to coat the omelet before it is rolled. Onions, mushrooms, truffles, ham, tongue, peas, or spinach can be used in the same way.

If you have some stale bread that cries for a place in the sun, cut it in dice, fry these in butter, and add them to the eggs, producing a "one-dish" luncheon for the children or a most critical guest. This is a favourite dish of the French people.

The French *do* use the pretentious technique which we affect in making a dish called Omelette Mousseline, but this has no relation to the ordinary omelet which forms the backbone of egg cuisine, so to speak, the prop of many a French family, and the envy of tourists. You will recognize the steps.

Omelette Mousseline

Break the eggs, yolk and whites, into separate bowls.

To the yolks add 1 tablespoonful of heavy cream to each two eggs, and seasoning.

Beat the yolks and whites violently and separately.

Fold the whites into the yolks.

Proceed as for the ordinary omelet, being careful to have a large frying-pan.

Although simple boiled eggs mean little to the average Frenchman outside of the cafés and buffets, they do inspire him to creation in the hors-d'œuvre and garnish field, and furnish the sound basis for entrées with hot or cold sauces. For the latter poached eggs may be used too. The boiled ones are often moulded in jelly, simply by putting a bed of well-flavoured gelatine in the bottom of a little casserole, or cup, placing the egg on top, and covering with jelly. Truffles, red pepper, stuffed olives, add to the attractiveness of this dish. Boiled eggs can be stuffed, too, with almost anything your imagination suggests, the idea of making them appealing through colour always being considered! As one chef says: "It is the same with cold eggs as with all matters of cold cuisine; the garnishing, the taste displayed in arranging the decoration, the grace and beauty of a cold plate, assure it success."

Caviare, truffles, pimentos, anchovies, mixed with the yellows, shrimp cream topped by Russian salad are all "stuffing" possibilities. Often the eggs are jellied in halves after having been stuffed, always with the decorative effect in mind. Perhaps the glistening black of truffle

on the bottom of the jelly and again on top, or the misty red of a pimento shining through, or the pleasing roundness of slices of olive. If poached eggs are used a really elaborate garniture can be created on the flatter surface, the whole being enclosed in jelly. Such a simple and practical dish for a luncheon, prepared early in the morning, demanding no more attention until its service. One of the most delicious combinations is poached egg topped by Sauce Soubise, decorated with sliced olives and pimentos—the whole encased in jelly and served with a tomato salad. Sometimes, gelatine is mixed with the Sauce Soubise to give it body, the decoration following, and the encasing jelly being omitted.

Eggs prepared in similar ways, served with a plain vegetable salad—tomatoes, beans, cucumbers—are really a solution for the problem of hot-weather luncheons. Purées of fish and shellfish serve as a good foundation for decorative garnishes, and some like mayonnaise, Sauce Verte, or Tartare.

Hard-boiled eggs are often accompanied by some kind of cream sauce, plain Béchamelle, Nantua, Mornay, Hollandaise, Aurore, etc. You can make a more exciting dish by adding

truffles, olives, artichoke bottoms, shrimps, mushrooms, etc., according to the sauce and your tastes. If you want a more pretentious dish, you can serve these combinations with the eggs sliced in patty shells. The yolks are often removed and mashed with some sort of seasoning or additions, the eggs being stuffed, and served whole covered with the sauce. The Mornay preparations are always gratinéd under the grill.

Perhaps a new kind of croquette will interest your family. One of diced eggs, enlivened by mushrooms, olives, truffles—all or any of these —and mixed with Béchamelle enough to give consistency. Shaped, rolled in flour and bread-crumbs, cooked in hot fat, served with a rich Béchamelle.

And now Lenten and children's diets and company luncheons can certainly hold no terrors for you!

CHAPTER V

FISH

Fish are too often just fish in England—in France they are fish plus imagination, tender care, and blended simple ingredients that make them *plats* to be remembered as well as traditions six centuries old. From the days when couriers on fast horses sped from the seashore to Paris, with their baskets of handsome fish, nestling in beds of green leaves, until the to-day of express trains and Frigidaires the fish has held an important place with the Frenchman, and French chefs have considered it as worthy a subject for creative effort as any other, dignifying their creations with just as provocative names—Filets de Sole Grand-Duc, Filets de Sole Caprice, Darne de Saumon Lucullus. They have absorbed the cooking ideas of several nations, and re-expressed them in Fish—Florentine, Portugaise, Anglaise, Hongroise, Mexicaine, Persane, Hollande—even Américaine.

Even in the thirteenth century, with all its transportation difficulties, practically every kind of fish now popular was eaten in France,

as the old "fish cries" show, from sole, whiting, mackerel, to mussels, lobsters, even a delicacy unknown to us—"la langue de la baleine", the tongue of the whale! Frogs' legs were as popular then as now, if we judge by the following old "cry":

"Grenouilles! grenouilles! grenouilles!
A d'autres qui ont la foire
Elles sont bonnes; voire, voire
Quelque chose qu'on barbouille."

These fish were sold by "marchands ambulants, le panier au bras", pedlars with baskets on their arms, who could furnish everything for a good dinner, vegetables, fish, meat, chicken, fruits, pastry, and cheese. They had even evolved certain refinements of cuisine, as the following cry shows:

"Vous faut-il point de saulce verte?
C'est pour manger carpe et limande.
Ça! qui en veut en demande
Tandis que mon pot est ouvert."

The Sauce Verte was not quite like that of to-day, but the carp was undoubtedly the

same, the carp of the Seine, reputed to be better than those of any other river.

You will be most interested, of course, in those fish which are familiar on both sides of the Atlantic.

Sole	Sole
Maquereau	Mackerel
Cabillaud	Fresh Cod
Morue	Salt Cod
Merlan	Whiting
Homard, Langouste	Lobster
Saumon	Salmon
Truite	Trout

Although the results may look too complicated for reproduction when they are served in a French restaurant—and tasted!—the basic methods of cooking fish are simple enough. To list them, translated:

Boiling	Grilling
Poaching	Braising
Frying	Sautéing

The fancy name which appears on a menu rarely gives you any hint of the method used,

so we shall try to leave you with some idea of the meaning of the traditional names as we give the recipes. If you are enjoying indigestion it may be well to know whether you are getting a fried fish or a harmless boiled one, and it is always pleasant, too, to feel at home "abroad", or in a fashionable restaurant.

If you want to be something of an expert in fish cookery you will want to know how to make two or three preparations used frequently. The most intricate one is fumet,[1] which is a fish stock made by boiling white fish bones and remains, preferably of sole, in water, with a bit of onion, a bouquet (bay leaf, pinch of thyme, parsley), and a few drops of lemon juice to flavour. Don't be alarmed! The fish bones give up their substance more easily than beef bones, so that you have to boil them only twenty minutes or half an hour. The chefs of the haute cuisine use more complicated methods, but this simple one will do very well. The fumet is used for

[1] What our *arrière grandpères*, in their proud culinary idiom, called *coulis*, the innermost flavour distilled by slow and patient simmering and the condensed juice lovingly strained through a thin muslin sieve.

poaching fish, naturally adding richness and subtlety of flavour.

Court-bouillon is invariably used for boiling, and gives just that fillip which distinguishes the kind of sad cod that makes men leave home from the enticing one that makes economy a pleasure.

Court-bouillon

2 quarts of water
⅓-cupful of vinegar
Salt
4 carrots, minced
5 onions
1 or 2 shallots
Bay leaf, pinch thyme, parsley.

Cook about three-quarters of an hour, adding, preferably, a dozen peppercorns for seasoning at the end of a half-hour. Pepper can be used. Strain.

The third is white wine sauce, which will be discussed under poaching. Now you are ready to study the processes.

Boiling

Fish are boiled either in court-bouillon or salted water. The technique with whole fish is:

Put preferably on a steamer tray, although this is not necessary.

Cover with cold salted water, or court-bouillon.

Bring to a boil.

Simmer until done.

With slices of fish change this by plunging into hot water or bouillon, and cooking very gently, without boiling, to retain the juices and keep the shape. Shellfish, of course, are also plunged in boiling water.

Braising

This method is applied to larger fish, like salmon, cod, large trout, etc., either whole or in pieces. Sometimes a whole fish is studded with truffles, anchovies, or pickles. This method is rather more involved, but does produce a delectable dish. The sauce is served with the fish. The following directions are for a simplified braising, adapted to ordinary kitchens:

Put in the bottom of a baking-pan, or a deep frying-pan, some butter and a "bed" of minced carrots, onions, shallots, with a bouquet.

Sauté these slightly. (This "bed" is used frequently in French cooking, so why not get on easy terms with it now? Sometimes it is sautéd, sometimes not. The proportions depend upon taste, and the size of the fish, meat, or poultry being cooked.)

Place the fish on this bed, with a few slices of salt pork across the top.

Moisten with white wine, white wine and fumet, or white wine and water, about half covering the fish. Season.

Plain water can be used.

Cook slowly, covered, basting often.

Remove the cover toward the end, and allow the sauce to thicken.

Remove the fish, reducing the sauce if it is still too thin.

Bind the remaining sauce with butter. The sauce may be strained or not.

Poaching

While we confine our poaching to eggs, there is little that the French don't poach! The secrets with fish are: very little liquid, gentle cooking—never any hard boiling!—and frequent basting. This method is used for small fish—sole, river trout, whiting—and for fillets. It is capable of infinite variations and is simple enough to be taught to the most resistant cook.

This can be done on top of the stove, in the oven, or on top followed by the oven. If you are doing it in the oven, it is well to use a glass pie-tin, so that it

can be served directly. A tin or a frying-pan is proper for the top.

Place in bottom of the dish butter and a bed of chopped onions or shallots.

Place the fish on this.

Moisten with a *few tablespoonfuls* of fumet, or white or red wine, or mushroom liquor, or champagne! Again—water *can* be used! (Note that only a very little liquid is used.)

Season.

Cook slowly, covered, basting often.

Remove the fish. Reduce the sauce, varying it by any of the means suggested later, and straining or not as you wish.

The bed of onions or shallots can be omitted, is, in fact, by many of the best chefs, except for special recipes.

Grilling

This is frequently used for trout, sole, mackerel, salmon slices, eels, etc.! The method is:

Roll in flour.

Oil profusely, so that all the delicious crisp skin won't be left on the grill.

Have the grill hot.

Brown the fish on one side.

Turn and brown on the other, sprinkling with salt, and a little oil if necessary.

Serve with Butter Sauce, Anchovy, Ravigote, or plain. (A good trick is to place the fish in an old-fashioned toaster from which you have cut enough of the handles so it will fit your oven. Place this on the grill. Then you turn the toaster instead of the fish, which keeps the flesh intact. If you don't do this, at least have a large spatula.)

Sautéing

Last but not least is sautéing, a process of frying in butter really, but done with a special touch or two that ensures delicacy. One of the most popular methods with the French and the simplest, since it requires no sauce, and no ingredients except the fish, butter, milk, and flour. It is used for little fish, sometimes for slices of larger ones. It appears on restaurant menus as Meunière.

Drop the fish in milk.

Remove it and roll in flour.

Put in a frying-pan with a little hot butter, salt.

Turn when browned and complete cooking.

Remove the fish. Add more butter. Melt and brown slightly.

Pour over the fish. Sprinkle a few drops of lemon juice, garnish with parsley and lemon.

Frying

The method of deep-fat frying is used too, the fish being soaked in milk first, and rolled in flour. This cooking is best done in olive oil and follows our technique.

Cabillaud—Fresh Cod

The best method of cooking fresh cod is undoubtedly boiling whole in court-bouillon. It is served garnished with parsley tossed in butter (yes, indeed, the French consider this crisp garnish most delicate) and accompanied by Butter Sauce, Hollandaise, or Black Butter. Another classic accompaniment is—mealy, boiled potatoes.

Cod can also be broiled, and served with any one of the sauces mentioned. It can also be sliced and cooked Meunière, or poached in white wine, fumet, or water. You can also do a Portugaise stunt with it, if you like. Portugaise suggesting, as it usually does, something of olive oil, onion, garlic, and tomatoes. You will find yourself gradually becoming acquainted with certain almost stock terms in French cooking, if you are alert—Portugaise, Lyonnaise, Fermière, etc.

Cabillaud Portugaise

A more involved poaching process in which you—

Add a little oil to the butter used.

Toss some chopped onion in this first with a garlic clove, a bouquet, and one or two tomatoes cut in pieces. Add a few tablespoons of white wine. Boil a few minutes to reduce.

Poach the cod in this.

Morue (Salt Cod)

To our classic cream method, the French add several of interest, among them:

Fermière

This means Farmer's wife and the derivation is obvious in all dishes which bear the name, the connotation often being vegetables, as in meat and chicken dishes. In this case, it means the simple country method, used on the farm.

Soak as we do. Boil as we do.

At the same time bake some large potatoes in the oven. Scoop out their insides, and mix these with the codfish which has been carefully shredded.

Add a good piece of butter, some chopped parsley, a minced garlic, and (if you want to) a little cream.

Put the mixture on a plate. Sprinkle with cheese and breadcrumbs and brown in the oven. Or stuff the potato shells, following the same "finishing" technique.

Morue à la Biscain [1]

Soak as we do.

Cut in slices.

Flour these slices and brown them in hot oil.

Remove, and add to the oil—tomatoes in eighths,

A little crushed garlic, and seasoning, and a dash of lemon juice.

Cook. Turn over the cod.

Morue Lyonnaise

Another term with which you should be familiar—always a whiff of onion about it!

Soak the cod.

Brown some sliced onions in butter. Add some slices of cooked potatoes, browning slightly.

Add the cod, shredded.

Sautè the whole.

Sprinkle with a few drops of vinegar and garnish with chopped parsley.

[1] This is really the famous Brandade de Morue, dear to a Provençal palate.

These recipes all spell economy and should make any cookery book popular!

Before we go on with whiting and sole, you must add one other recipe to your basic equipment—*white wine sauce*. There are many variations of this, but in some form it is a *sine qua non* with the French chef, who rings in many delicious changes on it.

The base is liquid left after a fish has been poached in white wine and fumet, or wine and mushroom liquor. The liquid is reduced until there is not much more than a soupspoonful or two of it.

Then you pour this into a tiny saucepan.

Add 3 yellows of eggs *off stove*, and some onion juice.

Mix.

Cook in a double boiler, stirring with a fork or whip all the time, until creamy.

When well thickened, bind with butter in small pieces, gradually, off stove, beating all the time.

This sauce furnishes the basis for many of the special sole recipes. A little imagination will show you what you can do with it, by adding

mushrooms, truffles, shrimps, oysters, etc. And we shall give some special recipes.

Merlan (Whiting)

The most common way is to cook Meunière or to poach with white wine and shallots, or white wine and herbs. You then serve with white wine sauce, adding mushrooms if you wish.

Merlan au Gratin

Make a sauce as follows:

Toss a few tablespoonfuls of chopped mushrooms in oil.

When slightly browned, add a small spoonful of chopped shallots (or little onions).

A couple of minutes later, add a half-glass of white wine.

Reduce this to half its volume.

Add 1 cup of bouillon, a tablespoonful of tomato paste, some chopped parsley and season.

Turn this over the whiting on a baking dish.

Sprinkle with breadcrumbs and melted butter.

Put in a hot oven.

When cooked, sprinkle with lemon juice.

There should be plenty of sauce because the fish absorbs much in cooking. If it dries too much, baste with bouillon or water.

Merlan à la Bercy

Toss in butter, 1 tablespoonful of chopped shallots.
Moisten with a few tablespoonfuls of white wine.
Reduce.
Add a few tablespoonfuls of fumet (or water), salt, pepper, chopped parsley, lemon juice.
Add a ball of butter mixed with flour.
Let this sauce come to a boil.
Pour over the whiting in a flat baking dish.
Sprinkle breadcrumbs over the top.
Bake.

(Note the trick of mixing the flour with the butter in balls, a clever way of insinuating a little thickening into sauces, with good results.)

The Portugaise method used with cod can also be adapted to whiting.

Raie (Skate)

This fish rarely makes its appearance with us. It is one of my favourites in France, however, boiled and served with black butter sauce.

Truite (Brook Trout)

Usually cooked Meunière. The French also throw them into court-bouillon, boiling for five minutes, and serve them with parsley and

melted butter, or Hollandaise. They also poach them in red wine with a little minced onion.

Maquereau (Mackerel)

Usually grilled and served with butter. The fillets can also be poached in white wine, or court-bouillon, but neither of these is particularly suited to our ways.

Saumon (Salmon)

Can be boiled whole in court-bouillon, garnished with parsley and lemon, and served with Mousseline, Hollandaise—and the mealy boiled potatoes!

Sliced, it may be grilled and served with Maître d'Hôtel Sauce; or braised with red wine and fumet; or poached in court-bouillon or white wine, or water, and garnished with mushrooms, truffles, and potato balls scooped out and boiled.

If you want to be very impressive you can follow one famous French chef's idea and lard a very thick slice with truffles and braise it in champagne! Several days of salted cod-fish menus might pay for this extravagance.

Naturally, if it is to be served cold, you will boil it, preferably in court-bouillon, whole or in very large pieces. For garnish, the French use, as we do, cucumber and tomato slices, anchovies, parsley, hard-boiled egg in slices. The choice sauce to use, of course, is Verte on account of its colour, but mayonnaise tastes as good. If you want to do the unusual with a serving of cold salmon for a "real" luncheon, try some of your hors-d'œuvre imagination and garnish with eggs stuffed with caviare, cucumbers hollowed out to hold anchovies, small tomatoes stuffed with vegetable salad, etc.

Sole

We have now arrived at the Sole family, which evidently propagates very well in France, if we can judge by its omnipresence on the menu; and which must be a most versatile *poisson* if we judge by the hundred or more recipes which a really good chef has tucked away in his head.

If you want to be quite simple and quite *au fait* too, you can cook it Meunière, putting some thought on the garnish if you want a more pretentious dish. Fried eggs cut in

slices, mushrooms, sautéd tomatoes, and others will suggest themselves.

To be simpler still you can grill it, although the choicer blends of flavour possible in *poaching* make this the favourite method. In grilling, the sole may be brushed with melted butter, rolled in breadcrumbs, too, and brushed again in butter to make a cohesive crust. It then grills beautifully, the fire a little lower than for ordinary grilling. The usual garnish is potato balls, sautéd in butter, and slices of lemon. Hollandaise or Béarnaise is sometimes served, although, again, this is a case of "gilding the lily" to me. This is called Sole à la Saint-Germain.

At least one-half of the sole recipes in a good French cookery book will demand that the sole or its fillets be poached. Fifty-seven varieties are then produced by sauces, garnishes, and slight differences in technique. Remember again that the secrets of good poaching are little liquid, gentle cooking, frequent basting. With sole, the poaching liquid varies—white or red wines of many kinds, fish fumet, mushroom cooking liquor, stock, or some combinations of these, always plus butter. The juice from canned mushrooms, used sparingly, does

very well. Water can be substituted if you are in too much of a hurry to make fumet, or are not inclined to use cooking wine. Naturally you won't have as deliciously flavoured a dish. Bouillon helps a little to strengthen it, and mushroom liquor to give it delicacy. Having poached the fish, you can make up your own sauce easily. Always remove the fish, and reduce the sauce slightly if necessary. Then add to it—mushrooms, lobster, shrimps, crabs, oysters, truffles, asparagus tips, singly or in combination.

And—get on very good terms with the white wine sauce mentioned early in the chapter! So that you can make it without bothering to turn to the cookery book. It forms a richer basis for any of the additions suggested above. It is the foundation of the well-known Sole Marguery, mussels and shrimps being used as a garnish. Any of these dishes are served most effectively when placed on a silver platter or flat glass baking dish. The sole should then be placed under the grill a minute to brown. Any of the recipes used for whiting can be applied to sole. Although with the poaching and white wine techniques at your command you can do your own creating,

we will make a few more suggestions, the recipes being applicable to sole or its fillets.

Sole Bourguignonne

Whenever a recipe has the idea Burgundy in the title, suspect something rich and caloried.

They have known how to eat and to cook for generations in Burgundy. It is at Dijon, in the heart of the country, that the annual Foire Gastronomique is held, when the various grand chefs of France compete for honours.

Poach the fillet in red wine (and butter).

Remove the fish and reduce the sauce.

Bind it with a big piece of butter mixed with flour.

Add 1 tablespoonful of bouillon and a little browned sugar.

Pour over the sole, which is surrounded by croûtons of fried bread.

Sole Mornay

Poach the sole in fumet and butter (or water).

Place a coating of sauce on the bottom of the baking dish.

Lay the fish on this, and cover with Sauce Mornay.

Grate Gruyère or Parmesan cheese over the top. Plain American will do.

Brown under the grill.

Sole Florentine

As usual, this means spinach.

Poach the fish in fumet and butter (or water).

Put a layer of cooked spinach on the bottom of a baking dish.

Place the sole on the spinach and cover with Sauce Mornay.

Brown under the grill.

A simpler recipe which has something of the quality of the white wine sauce ones, is as follows:

Poach the sole in butter and wine. (You can place it on a little bed of onions, shallots, and parsley, or tossed mushrooms.)

Remove the fish and reduce the liquor.

Add a few drops of lemon juice.

Thicken with a ball of butter and flour mixed, the size of a walnut.

Bind with a piece of butter, off the stove.

The sauce can be made richer by any of the additions recommended for white wine sauce.

Sole Normande [1]

Complicated but worth the trouble.

Prepare a garnish of mussels, shrimps, mushrooms, and truffles.

[1] Our French editor says that this is the equivalent of Sole Marguery, for ordinary palates.

Poach the sole in white wine with a spoonful of minced shallots.

Remove and reduce the sauce.

Make a rich sauce Béchamelle, using the cooking liquid of the mussels and mushrooms for the liquor. Bind this with the yellows of two eggs and a little cream.

Season.

Add the sauce from the sole, much reduced.

Bind the whole, off the fire, with a piece of butter.

Place the sole on a platter, garnished with mushrooms and truffles tossed in butter.

Pour the sauce over.

The mussels can be omitted.

Sole Caprice

The basis of this is a naïve combination of carrots and truffles, a good reason for the name "caprice".

Hash a tablespoonful of carrots and another of truffles.

Toss in butter in a covered frying-pan for a few minutes.

Add a wineglassful of sherry. Mix well.

Turn this over the sole. Season.

Poach in the oven.

Remove the sole, and reduce the sauce.

Add a few tablespoonfuls of Bèchamelle and a little heavy cream.

Serve the sole dressed with the sauce, and garnished by a half-tomato sautèd in butter on each fillet. The tomato can in turn be garnished by mushrooms, or truffles, and parsley if you wish.

Filets de Sole Grand-Duc

Poach the fillets in white wine.

Remove the fish, and reduce the sauce.

Add this to a Sauce Mornay.

Serve the fillets on round pieces of bread, fried.

Pour the sauce over, sprinkle with grated cheese, and brown under the flame. When ready to serve, garnish each fillet with asparagus tips.

Sole is always delicious with oysters, the process being very simple.

Poach the oysters in their own juice. Remove.

Poach the sole in the same liquor. Reduce.

Remove the sole and place on the serving platter in the midst of the oysters.

Make a white wine sauce, adding wine to a little of the cooking liquor, reduced, and a ball of butter and flour.

Or thicken instead with eggs as in the regular white wine sauce.

Brown under the flame.

You can also be rather plebeian and cook the sole with carrots and onions. The result might be called Fermière, as you realize by this time, but it isn't—so you can make up a name for yourself.

Cut a carrot and an onion in slices. Simmer these in a little white wine and fumet (or water) until the liquor is reduced a half.

Put this in a baking dish as a bed for the sole, adding butter for the poaching process. Poach.

Remove the fish and the vegetables.

Reduce the remaining liquor. Bind, off stove, with a few drops of lemon juice and a piece of butter.

Pour over the sole.

To make it even more Fermière, you can add beans, peas, celery to the carrots and onions. Shallots and raw mushrooms or truffles can be used in place of the carrots and onions for a more sophisticated dish, or onions and tomatoes for a richer one.

Richer than any of these is a combination of Lobster Newburg served with poached sole —which will be a fitting finale for the Sole Family!

Homard Langouste

There remains to be disposed of—lobster! One of the favourites in France—*à l'Américaine*—is much too involved for ordinary kitchens, demanding little matters of burning cognac, a half-bottle of white wine, demi-glacé sauce, and fish fumet. Since lobsters are not a common occurrence in the ordinary kitchen, perhaps you will be content with one or two simpler suggestions.

The first: boil it in court-bouillon, split it, and serve as we do—with drawn butter. The second: boil it until almost done in court-bouillon. Then cut it in half, sprinkle it with butter and grill it. Serve with butter sauce.

Since every household deserves a lobster Newburg sometime during its life, we shall include a recipe for that.

Homard à la Newburg

Cook in court-bouillon.

Cut the meat from the tail in slices and extract it from the claws.

Add about a half-glassful of Madeira and one glassful of brandy if possible (to almost cover the meat) and simmer until almost absorbed.

Add 2 cupfuls of heavy cream, some mushrooms, truffles, salt, and cayenne.

Cook slowly, reducing somewhat.

When ready to serve, bind with the yellows of 2 eggs and mix in a little cream. Thicken over a double boiler, or a very gentle fire, slowly.

Smiling Léon, a chef in one of my favourite restaurants in Paris, is responsible for the following recipe:—

Homard à la Manière de Bicard

Cook the lobster in court-bouillon.

Dice the meat and sauté in butter with some diced mushrooms.

Add a little burnt brandy (if possible), and season with paprika and a dash of curry.

Add a few tablespoonfuls of white wine, and reduce by cooking.

Bind with a little heavy fresh cream, off the stove.

Stuff the lobster shells with the mixture. Cover with a coating of Béchamelle sauce. Sprinkle with grated Gruyère and brown in the oven.

As Léon says—"The savour of this lobster will make the tongue hang out, a mile away."

Mussels and snails, by no means to be ignored in France, have no place here. How-

ever, I will tell you the tale of the snail at the Escargot in Paris, the restaurant which takes its name from this strange creature, and probably does better by it than most establishments, out of loyalty!

First the snail is raised on a farm in Burgundy with hundreds of others. Then he is brought to Paris and put in the basement of the restaurant, where he is starved for three weeks. Then he is given a meal of what must seem to him like milky nectar, although it looks to us suspiciously like chaff and water "gruel". It is fed him in a strange way—soaked up by a sponge, on which the snail is perched so that he can eat to his heart's content—and to yours, for this meal makes him a peculiarly luscious morsel. Evidently the ordinary eating habits of snails are not to be trusted when they are destined for human consumption, so ingenuity and culinary sensitiveness have evolved this one. All this "party" is only the death-warrant for the poor creature, though. After he has finished his lovely meal he is plunged into hot water and killed; then taken out of his shell and washed many times to rid his rough skin of any particles of sand that may have become attached to him. After this prolonged bath

he is put in a broth of veal, vegetables, and wine and cooked four hours! Ready now to be returned to the shell and heated in the oven after a lump of especially prepared butter has been inserted. To be served piping hot.

Frogs' legs, too, belong here as sort of a stepbrother, so we shall include the most common ways of cooking.

Grenouilles Sautées—Fines Herbes

Sauté in a frying-pan in hot butter, seasoning highly.

Garnish with chopped parsley and lemon.

Grenouilles à la Poulette

Sauté the frogs' legs in butter. Add 1 tablespoonful of flour, mixing well.

Add 1 glassful of white wine, salt, pepper, parsley, chopped shallots.

Cook on a quick fire about 15 minutes.

Bind off the fire with the yellow of an egg, beaten well and thinned by a little water and a little sauce.

Heat a minute, stirring until thicker.

But do not boil!

The following recipe comes from l'Escargot and requires the snail butter described in the chapter on Sauces.

Grenouilles Provençale

Dredge the frogs' legs in flour, seasoning.

Sauté them in hot butter, browning them well.

At the moment of serving add some tomatoes cut in pieces and some snail butter, sautéing.

Serve very hot.

To close the chapter, we shall add one of our favourite sole recipes, given to us by Marius of the Restaurant Crémaillère.

Sauce Crémaillère (for sole)

Put in a frying-pan:

2 tablespoonfuls of butter

Salt and pepper (in grain, if possible)

1½ cupfuls of white wine

Parsley, cut up, not chopped

3 tablespoonfuls of bouillon, heavy.

Put the fish in this sauce.

Cook in the oven five or six minutes.

Remove onto a plate. Remove bones from the side.

Put on a silver platter, or other serving dish.

Place slices of hard French roll, cut in inch pieces, along the top.

Heat the sauce. Add 3 tablespoonfuls of cream.

Heat one minute. Remove from the stove.

Bind with 1 tablespoonful of butter. Add 1 tablespoonful of Hollandaise sauce (not necessary, but preferable). Pour over fish. Brown in the oven.

Serve sizzling.

CHAPTER VI

MEATS

A GLANCE at any French menu shows that the French love trouble! Give them something really difficult, an inexpensive cut of meat with little savour of its own, and they will produce a triumph of gastronomic appeal. Something gross like the sow's ear can easily become the traditional silk purse. The reason for all this? Economy, you may say, or art perhaps. Probably both explanations are right. Any nation, however, that can economize æsthetically and pleasantly is a happy one. There is no greater proof of their magic than in the department of the French cuisine which deals with meats.

What, for instance, could be more lacking in appeal, any sort of appeal, than a pig's foot? Yet, treated with tender care for a matter of fifteen or sixteen hours, the subject all the time of several transformations, each the result of a unique kind of imagination—it emerges on the menu a great delicacy. A hairy calf's ear is not a particularly pleasing sight, but one's point of view certainly changes

when that same ear becomes a part of a well-served *tête de veau*. Tripe in itself would never arouse a poet to rhapsodies, or the average man to an appetite, but at Chez Marianne's this dish serves to attract so many patrons that you often have to stand by some time before you can get a table.

Liver, once the despised food of cats, now popular here because of the dignified position recently given it by the medical profession, has always been held high in the esteem of the French. In the north it is dressed up by raisins and onions, in the south with tomatoes and onions, with my own Germaine by a luscious combination of carrots, onions, and *fines herbes* which by now you may label off-hand Bourgeoise or Fermière, with your newly acquired vocabulary.

So if you are interested this chapter should show ways of decreasing the food budget, allowing extravagances in other fields. The same imagination has been used in the entire field of *viandes*, where the idea has evidently been to make use of every part of the animal which it is possible to eat! The Ragoûts, Matelotes, Hachis, Cassoulet—all of them offering delicious and nourishing blends which

can be served with pride on any table. Even the conventional cuts are treated to garnishes or sauces which add interest to the dish. Fillet of beef, or chops, served as a separate course, demand something in the way of added appeal, a substitute for our accompanying vegetable. So—*voilà!* the garnishes, hundreds of them, all simple; and the sauces which you have discovered are not so difficult either. The roast meats of France have ways of their own, too. Unbelievably delicious, cooked as they often are, on a spit, and yielding the richest of juices and the crackliest skin imaginable. This kind of roast does not appear on the dinner menu as with us, for the accepted dinner service is fowl or feathered game. Instead, the roast becomes a luncheon dish. The technique is slightly different from ours. If the roast is done in the oven instead of on the spit, water is never used. The French argue, and rightly, that a roast should be dry-cooked with the addition of butter, bacon, or salt pork if necessary, but never water, which produces steam, destructive to good roasting. The bacon or salt pork is best inserted as larding. A larding needle and a little practice will make this an easy addition

to your cooking practices. If you do not lard the roast, put slices of pork or bacon over the top when necessary.

Beef and pork are done practically as we do them, except that the beef is often larded. With lamb, mutton, and veal a clove or two of garlic are inserted into the flesh around the bone.[1] The top of the roast is rubbed with butter, salt, and pepper, and the cooking done in an open pan in the oven with frequent basting, and a turn onto the other side when the first is well browned. Sometimes the roast is browned first in a combination of hot oil and butter, and then put into the oven.

The gravy accompanying these rôasts is unbelievably good. This again is an example of the great care taken with anything in the French kitchen. Bones and scraps of the same kinds of meat which you are going to roast are obtained at the butcher's. These are either roasted brown in the oven or sautéd in fat, as you prepare them for brown stock. Then lukewarm water is added and a stock made by three or four hours' cooking. When the roast is done it is removed from the pan. The juices

[1] Not with veal, I think, but with pork, decidedly—"roti de porc".

in the pan are skimmed to remove most of the fat. The stock is added and the combination reduced by cooking to a rich gravy. With stock already in the larder or bouillon cubes in the icebox you can get the same result, of course. If you prefer you can always use plain water.

Other methods used in cooking meats are grilling, braising, poëling, and sautéing. Braising is especially good for less tender cuts of meat, and for the drier white ones which need added succulence. It is used for large pieces of meat. The method follows:

Braising—Beef

Lard the roast usually, if possible.

If you want a particularly "tasty" dish, marinate the meat for anywhere from two to six hours before cooking. That is—rub seasoning into the meat well. Prepare a bed of sliced onions, carrots, a clove of garlic, a bouquet, and a clove or two, and some bacon or salt pork cut in small pieces. Sauté this combination in butter. Put a layer in the receptacle which you have chosen for soaking. Put the meat on top. Add another layer of bed. Add about a cupful of wine for a small piece of meat. Soak, turning the meat three or four times. When ready to cook, drain, saving the liquor.

Marinated or not, brown the piece on all sides quickly, in grease or butter. The cooking vessels should not be *too* large, just big enough to hold the meat comfortably and be covered.

Put the bed in the bottom. Lay the meat on top of it. Pour the marinating liquor over all, adding stock in about the same proportion. If you have not marinated the meat, use wine and stock, stock alone, wine and water, or, last and least desirable, water alone. The liquids should be hot.

Cover and baste frequently, while the meat is cooking gently. Cook on top of the stove or in the oven. The traditional method is the oven, but I have been just as successful when I have cooked it on top.

Remove the meat. Reduce the sauce by cooking. Serve either plain or thickened, that is

Strain the gravy and thicken it as we do, or

Reduce the sauce and serve it with the vegetables.

All sorts of variations are possible, of course. Tomatoes can be sautéd and added to the sauce. Sautéd vegetables of almost any kind are an interesting addition. These should be added toward the end of the cooking, so that they can absorb the meat flavours. If you glaze them you will have a more attractive dish, as they will retain their shape better.

White meats are done differently if you follow the real French methods—in the same

way that you do poultry. Consult that chapter for the process. However, you may do it much as you are directed above and most of the guests won't know the difference. The only difference is that the white meat becomes more juicy and tender if you add the cooking stock in instalments, so that at no time is the meat entirely covered, where with the red you put all the stock in at once.

This is the traditional method for the old Bœuf à la Mode, except that a couple of calves' feet are added, either whole or cut up, when it is cooking. This produces the jelly which makes the dish so attractive when it is served cold.

Poëling is a process of cooking in butter in a kettle on top of the stove. The receptacle, again, should be just large enough. Every French kitchen has one or more of these dishes, just about large enough to hold a small roast or chicken, so that practically all the bottom is covered when the roast is in, and the sides extend high enough so that the dish can be covered. The steps are as follows:

Poëling

Season the meat and rub with butter.

Arrange a bed of *raw* vegetables—onions and carrots minced, a bouquet, a clove of garlic, and some pieces of bacon or salt pork, or ham.

Cook slowly, covered, basting often.

Toward the end uncover, and add some veal stock, if possible. Brown well, putting in the oven for this stage if you wish, and basting.

The veal stock will form a glaze.

Strain the sauce or serve with the vegetables, reducing more if it is advisable.

A very good poëling can be done without the stock, and even without the bed, while the meat is often omitted from the bed. However, for the best results make use of every trick.

Vegetables are often added toward the end as with braising. Often the meat is transferred to a casserole at this stage with the vegetables and the cooking completed in the oven, covered until the end.

Sautéing is the same process which we identified with fish, a cooking in hot butter, oil, or a combination of the two. The fat should be very hot in the beginning, enough only to cook the meat with practically none left at the end, and seasoned.

When the meat is simply cooked—grilled or sautéd—it is served, as we said before, with

garnishes. These are evidences of the French genius for detail! They range from the accepted sauces, through the field of common and rare vegetables. The sauces served most frequently with beef are Madère, Chasseur, Périgueux, Béarnaise, Bercy, and Soubise, while pork rates Robert, Tomate, Piquante, and Soubise. With the garnishes any taste can be satisfied. It is a pleasure to watch any French chef preparing them. He cuts the carrots in halves crosswise and then quarters these, shaving off the right angles with a very sharp knife so that the pieces are well-rounded and about the same size. These are laid in a nice little pile while he devotes his attention to the potatoes. These are scooped out in balls with a scoop if they are not small and round enough to serve as they are. Onions are chosen small enough to be left *au naturel*. Turnips are fashioned in much the same way as carrots, or in scooped balls. Every care is taken to make the garnish look attractive. If the vegetables are all cut in tiny cubes, you have a Macédoine; if they are prepared in strips, you have a Julienne. Some of the other favourite garnishes, with their preliminary preparation, follow:

PEAS

Parboiled.

OLIVES

Pitted, or cut in spirals, away from the stove; parboiled or sautéd a few minutes in oil or in the gravy.

CARROTS

Prepared as described.
Sautéd or glazed slightly.

TURNIPS

Like carrots.

BEANS

Green—parboiled and sautéd in butter.
White—purée.

CAULIFLOWER

Separated into flowers; parboiled a little.
Sautéd in butter.

POTATOES

Prepared as described.
Sautéd in butter.

TOMATOES

Cut in halves usually, sautéd or grilled, sautéd with a little garlic usually, and sprinkled with tarragon vinegar.
Stuffed.

Artichoke Hearts
Sautéd in oil preferably.

Onion Rings
Sautéd in oil.

Asparagus Tips
Parboiled until tender; tossed in butter.

Celery
Usually braised.

Endive
Like celery.

Macedoine
Vegetables—carrots, turnips, green peas, and beans, etc., diced. Sautéd for hot dishes; marinated in French dressing for cold.

Truffles
Out of cans.

Foie Gras
Dredged in butter and sautéd.

Some garnishes are definitely connected with certain meats more than with others. You may be interested in a short list.

Beef
Pommes soufflées, mushrooms, eggplant, truffles, olives, tomatoes, onions—the heavier, richer garnishes.

VEAL
Endive, celery, braised lettuce.

MUTTON
Sprouts, cauliflower, braised lettuce, celery and endive, cabbage, asparagus heads.

PORK AND HAM
Spinach, brussels sprouts, purées of all sorts, macaroni and spaghetti, sauerkraut.

LAMB
Spring vegetables, mostly.

Now we can go on to the different meats and a few distinctive dishes.

Bœuf

Beef can be sautéd in butter or oil, or grilled with the cuts which we cook in similar ways. Roasts are roasted or braised. With the garnishes suggested you can make up plenty of attractive dishes with tender-loins or steaks as a basis. The following may inspire you to creations of your own:

MISTRAL
Eggplant à la Provençale and olives.

Vert-Pre
Watercress, sautéd potato balls, Maître d'Hôtel Sauce.

Chasseur
Sauce Chasseur.

Henri IV
Sauce Béarnaise, French fried potatoes.

Au Madère
Mushrooms, Madère Sauce.

En Cocotte
String beans, peas, little onions put in a casserole with a little water, salt, and a chunk of butter. Add fillets sautéd in butter when the vegetables are cooked. Serve in the casserole.

Now for some of the economy recipes. Bœuf à la Mode is the choicest one, of course, and one which you need not be afraid to serve on any occasion not too formal. One of the common country dishes is called

Oiseaux sans Tête, or, Birds without Heads

Use for this thin slices of steak, thin enough to be rolled.

Lay on each slice

A layer of sausage with chopped parsley and a crushed garlic bud, or

A layer of chopped veal and salt pork, with a bouquet and chopped shallots (my north of France maid always used this).

Roll the steaks and tie at each end.

Brown them in butter or oil.

Add a little white wine, some bouillon, and a teaspoonful of tomato purée. Water may be used.

(This technique can be varied by removing the steak, browning some onions in the butter, and adding plain water to make a sauce or a combination of any one of the suggested ingredients.)

Cook slowly for an hour or two.

Toward the end add some quartered tomatoes and olives to the sauce, if you like.

Remove the grease. Serve the sauce as it is.

Or thicken it.

Goulash is well enough known to require no recipe, but I will give one which you can compare with your own.

Goulash

Take a couple of pounds of rump beef, rib, or shoulder. Cut into cubes about two inches.

Brown some onions in butter.

Add the meat, simmering the two slightly, covered, for about 15 minutes.

Add a glassful of water and 2 tablespoonfuls of tomato purée, or one according to the strength which you like; some chopped tomatoes; and seasoning, which should include salt, pepper, Paprika, and a bouquet or its equivalent.

Cook covered for two hours or more, depending on the cut of beef. Potatoes can be added toward the end if you like. Water can be added if it gets too dry. But the sauce should be practically reduced by the time it is cooked.

Hashed beef in one form or another is always an economy dish. Possibly some of these suggestions will provide a welcome change.

Bœuf en Hachis

Brown a couple of chopped onions and some parsley in the frying-pan with butter.

Add chopped beef, perhaps a little chopped pork or sausage. Sprinkle with flour, a tablespoonful. Brown.

Add 2 tablespoons of bouillon, salt and pepper.

As you are beginning to learn, you can usually substitute water for bouillon, if you want to. In country districts breadcrumbs are often added, giving an unusually delicate flavour which it is difficult to account for.

Simmer this awhile until it is ready to serve, the consistency depending on your taste.

Such a mixture can also be added to potatoes scooped from baked potato shells, sautéd together awhile, and used to stuff the potatoes. The potatoes are then dotted with butter and browned in the oven. The raw mixture can be mixed with beaten egg, and formed into balls, rolled in flour and beaten egg yolk, rolled again in breadcrumbs, and sautéd in butter or fried in deep fat. The mashed potato technique can be varied much as was suggested with codfish—a layer of the meat mixture being put on a baking dish, followed by one of mashed potatoes, each with butter sprinkled over the top. Continued another time. Finally baked in the oven.

Cold roast beef will prove more successful if you present it to the family this way perhaps.

Sauté in butter about a quarter of a pound of salt pork, in pieces.

Remove the meat. Add one tablespoonful of flour, and brown.

Add a glassful of water, seasoning, an onion cut, the beef cut in pieces, and a cabbage in quarters.

Simmer about an hour.

Beef kidneys make a sturdy casserole dish.

Rognons Sautés

Cut the kidneys in two, removing the fat in the centre.

Cut in little pieces and sauté quickly in butter.

Sprinkle with one tablespoonful of flour. Brown. Add a glassful of white wine or sherry, salt, and pepper.

Simmer slowly, but do not boil. The oven is preferable.

You can add bouillon or purée to the sauce if you wish for richness, and mushrooms for flavour.

And you *can* use plain water.

Veau

Veal is better braised than roasted, although you can use the roasting method if you wish. Cutlets are sautéd, and special dishes like the famous Blanquette are made in a fricassée fashion. This animal means more to the French than to us. There is an allegiance which makes it a common item on a menu and which had led them to a tender utilization of every part of it. Out in the Villette region, where meat is meat, on the edge of the slaughter-house district, there are two famous restaurants where you can find the best cuts, treated in

traditional ways. There you will find on the menu of one day:

Tête de veau—Ravigote	Calf's head
Rognons de veau maison	Kidneys
Foie de veau Meunière	Liver
Côte de veau à la crème	Chops
Cervelle beurre noisette	Brains
Ris de veau à l'oseille	Sweetbreads
Everything!	

Calf's head is much too complicated for the ordinary home, but don't fail to try it sometime when you are sure it is well-cooked. It is one of my favourite dishes in a French restaurant, large or small.

Kidneys are often cut in two and grilled, sprinkled with butter, basted too. A sauce Béarnaise tastes well with them, or Maître d'Hôtel. They can be sautéd in the same way you used for beef kidneys, or in the following more simple fashion.

Rognons Sautés

Sauté the kidneys quickly in butter, after trimming them.

Put in a casserole and add mushrooms, potatoes, onions, sautéd previously in butter.

Cook gently in the oven a few minutes. Bind the sauce with veal stock for a richer dish.

The secret with all kidney cooking is contained in a word in the above recipe—"quickly". If they are not cooked quickly, or if they are boiled in the sauce, they will harden and a delicious juicy dish will be turned into something ordinary.

Foie de Veau

Liver in the north of France is one thing, in the south another—rarely, except in restaurants catering for foreigners, the simple liver and bacon of our kitchens. With the price of liver as it is to-day, why not lift it out of this homely class and make a "company" dish of it? The first recipe comes from the north of France, where the cooking derives much from Belgium and Germany. I never want to try their beer soup, but I consider this a recipe worthy to hand down to one's children and grandchildren.

Foie aux Raisins

Cut two slices of salt port in inch pieces. Chop one onion and a couple of shallots if you have them.

Put a small piece of butter in a frying-pan. Brown

the pork and ~~raisins~~ onions. Put them aside on a plate, with the grease.

Put in the frying-pan one large tablespoonful of butter. Sauté two slices of calves' liver in this.

While frying add one tablespoonful of vinegar.

When well browned add the onions and pork.

Add two tablespoonfuls of small seedless raisins, and a little water.

Cover and cook slowly for an hour.

The sauce can be served as it is, or thickened.

From the south of France comes another recipe, demanding, as you may guess, tomatoes.

Foie aux Tomates

Dredge the liver with flour, seasoned with salt and pepper.

Sauté in oil or bacon grease.

Grill tomatoes cut in half, or sauté them. Sprinkle with a little tarragon vinegar in either case.

Sauté slices of onion and parsley.

Serve, garnishing the liver with the tomatoes, onions, and parsley.

My own good Germaine adds the last one, which will go nameless.

Buy two pounds of calves' liver, not sliced.

Lard this with a needle and salt pork.

Brown in hot butter, with a half-pound of lean salt pork, sliced.

Add a little water, sliced carrots, onions, parsley, and a bouquet.

Cover and cook slowly an hour.

If you want a thicker sauce, dredge the liver and pork with flour before you add the water.

Chops

They are much better treated to some kind of casserole process, which will give them succulence and flavour. A simple sauté method is to dredge them in flour, and sauté in hot butter. Remove and swill the pan with white wine or stock. Elaborating on this process, however, you can make a more tasty dish, like

Côtelettes de Veau à la Bonne Femme

Sauté the chops in butter.

Put in a casserole. Add glazed or sautéd onions and potato balls, some pieces of salt pork or bacon sautéd, and a little veal bouillon (or water).

Cover and cook slowly in the oven.

You can add any other vegetables to this, as carrots, peas, beans, and tomatoes. They are equally delicious sautéd and put in a casserole with a Béchamelle sauce made with veal stock.

Brains are no problem if you know the way of preparing them. Simple enough. Remove the skin, and soak them in water until they are white. Then cook them preferably in court-bouillon (*see* chapter on Fish), slowly. Then they are ready for any of the servings popular with the French. The one seen most frequently is

Cervelle au Beurre Noir

Slice the brains and season them after they are cooked.

Prepare some black butter (*see* Sauces), and pour over the brains, garnishing with parsley.

If you use this same process, allowing the butter only to brown until it smells "nutty", you will have Beurre Noisette.

French cookery books carry a recipe for brains *à l'Anglaise*, which means that the brains are cooked, sliced, rolled in breadcrumbs, and fried in hot fat.

Sweetbreads have been a much greater source of inspiration, and there are many recipes used by the good French cook. Many of them are too complicated, but I will suggest a few. First the preliminaries:

Soak in cold water, or keep under the faucet preferably. The longer they soak the better.

Blanch them—that is, bring them to a boil in cold water, and boil a few minutes, about ten.

Rinse them well in cold water, again preferably put them under the tap.

Pare off the membranes of cartilage, etc., but not the outside skin.

Press an hour under a weight.

Now you are ready for the cooking process. The accepted method is as follows:

Lard the sweetbread with bacon strips.

Braise, poach, or grill, braising being the best method, I think.

Many chefs eliminate the larding, which will be good news to you. If you braise them you can add sautéd vegetables, truffles, mushrooms, and serve the sauce strained and thickened, plain, or with the braising vegetables too. Often a macédoine of vegetables is used for a garnish, and sometimes braised lettuce adds to the delicacy of this dish. Sauce Tomate and Sauce Madère often accompany the grilled ones. If you want to cut them in slices, quite thick, after the parboiling and

rinsing process, extending the time of the parboiling a little, you can then dredge them in flour and sauté them in butter. Ready to do tricky things with them. One of them is

Escalopes de Ris de Veau Florentine

You know by now that there must be spinach and Sauce Mornay in your icebox before you start this!

Place each slice of sweetbread on a bed of spinach sautéd in butter.

Cover with Sauce Mornay, and sprinkle with grated cheese and breadcrumbs.

Sprinkle with melted butter and brown under the grill.

Now we are ready for the two or three special dishes dear to every French heart and stomach. First of all—Blanquette.

Blanquette de Veau

Select a piece of shoulder of veal, and cut in chunks two inches square.

Prepare mushrooms, cut in pieces, and an onion.

Put the veal and these with a bouquet in hot water, enough to cover. Season. Cook slowly until done. Remove the meat.

Make a Sauce Béchamelle with two tablespoonfuls

of flour and one of butter, using the meat liquor for moistening, a little at a time. Whip briskly all the time and take plenty of time to make it.

Remove the sauce from the stove and bind with two tablespoonfuls of cream and a little butter.

Put aside to cool a little before binding further with the yolk of an egg, not beaten.

Put all the ingredients together, and heat slightly. Serve. Blanched celery or endive can be added also.

There is a veal ragoût, too, much the same.

Ragoût de Veau

A pound and a half of breast of veal, cut in pieces.

Brown in the frying-pan in butter.

Sprinkle with two tablespoonfuls of flour. Brown.

Add two glassfuls of water, salt, pepper, and a bouquet; some small onions, some mushrooms, or carrots and peas.

Cook slowly for an hour and a half or more.

If you want a matelote instead of a ragoût, use red wine and water for liquid.

You can make "birds without heads" of veal too.

Paupiettes de Veau

Take thin slices of veal. Spread with a layer of sausage or chopped pork, highly seasoned.

Roll them and tie the ends.

Braise them, i.e. brown them in butter, with some carrots and onions.

Moisten with a little stock and braise for about an hour, basting often.

Sometimes they are spread with a layer of onions sautéd, and breadcrumbs, topped by a very thin layer of ham which is rolled with the veal, to make the "bird".

You can do a Marengo, something like the chicken dish, as follows:

Brown the veal, in hot butter and oil.

Add a crushed garlic bud. Moisten with white wine and water to the top of the meat. Add two tablespoonfuls of tomato purée, some onions and tomatoes, sautéd in oil, and finish the dish with mushrooms if you wish. Add the mushrooms toward the end of the cooking, which should be in a covered dish, and slow.

Mouton

Chops are grilled and garnished or cooked en cocotte like veal ones; the leg is roasted or braised.

Roasts sometimes add chopped onions and potato slices toward the end of the cooking.

The braised method is exceptionally good for this meat. It is often served with a Soubise purée. Sometimes the shoulder is stuffed with sausage meat, onions, parsley, and herbs, sautéd and seasoned. Shallots make an interesting contribution to this dressing too. The shoulder is then tied, browned, and braised. Potatoes are added to the baking dish toward the end, sautéd before. Turnips and onions may add their peculiar flavours too, glazed or sautéd.

Mutton chops can be treated in the "en casserole Bonne Femme" method of the veal. Browned on both sides, put in a casserole with chopped onions and potato slices, a bud of garlic if you want "piquancy" for this rather flat meat, and bouillon to cover. Seasoned and cooked slowly.

The mutton ragoût of France has a peculiar position, a great popularity. The best-known dish is called Navarin, and appears often on sophisticated menus. The following is a good recipe:

Ragoût de Mouton dit Navarin [1]

I might add the caution which appears in one

[1] I have generally known this as "Navarin aux pommes".

French cookery book. "Lorsque l'on apporte à la confection du simple ragoût tout le soin désirable, on obtient un plat délicieux, mais s'il est mal fait, ce n'est pas un nom pompeux qui le rendra meilleur", or, "If you will give a simple ragoût plenty of attention, you will have a delicious dish, but if you toss it off with little care, no pompous name will make it better." Now will you be good?

Have two pounds or more of breast or shoulder of mutton cut in pieces. Sauté them in butter or hot grease.

Drain off most of the grease and sprinkle with two or three tablespoonfuls of flour. Brown.

Add a crushed garlic clove and seasoning, including a bouquet.

Add two or three glassfuls of water or stock, and a tablespoonful or two of tomato purée if you wish. Cook slowly for an hour, covered.

Then add onions, carrots, turnips, glazed, and tomatoes cut up if you wish. Continue cooking from half to three-quarters of an hour, on top of the stove or in the oven, basting once in a while to keep the vegetables moist, the stock having become reduced by this time.

Other vegetables can be added—peas, beans, etc.

No, I will take it all back. Probably the best-known dish with a mutton base is Cassoulet, and I will leave that to the end, making the

suggestion first that you try a mutton curry if you like curry, although this is an "adopted" dish.

Currie Mouton

Again shoulder or breast cut in cubes, browned in butter or grease, with chopped onions, seasoning, and a pinch of curry—a teaspoonful, more or less, according to your curry tastes.

Sprinkle with two or three tablespoonfuls of flour. Brown.

Cook slowly awhile to blend well.

Add two or three cups of water or stock, and cook slowly on top or in the oven, covered.

Remove the grease and serve with rice.

A word about kidneys before we approach the Cassoulet. Do with them as with veal ones, the sauté-casserole method with all its possibilities being best. Again the caution—do not cook enough to harden. Brains can cook indefinitely—that is, from half an hour to a couple of hours—without destroying their quality, but—not kidneys!

Now for the Cassoulet, that old dish of Toulouse, noted for its high thinkers usually, but condescending to the fame brought through this more lowly channel.

Cassoulet

1 pound shoulder of mutton
1 pound dry white beans
2 onions
2 tablespoonfuls of tomato paste
¼ pound fat salt pork
¼ pound link sausage
Garlic, parsley, salt, and pepper.

Soak the beans a few hours—overnight is better.

Drain and cover them with boiling water. Add the salt pork, the sausage, a little onion, and a bud of garlic. Cook for an hour or an hour and a half, until about three-quarters done.

In the meanwhile, sauté the mutton with butter, a large tablespoonful. Season with salt and pepper. Add two onions sliced and one clove of garlic. Brown.

Sprinkle with a tablespoonful of flour. Brown.

Add 2 cups of hot water gradually, stirring constantly. Add 2 tablespoonfuls of tomato paste.

Add the sausage and parsley, thyme, and bay, ~~taken from the beans~~.

Cook one hour. If it dries too much during the hour, wet with water, taken from the beans.

When cooked, add one large tablespoonful of butter to the beans, salt and pepper.

Put the two ingredients together—a layer of the beans and one of the meat in a casserole, moistening with the two liquors. Continue the layers until the dish is three-quarters full.

Cut the salt pork and the sausage in slices and put on top of the casserole. Sprinkle with breadcrumbs. Dot with butter. Bake in the oven a half-hour.

If you want to respect tradition completely you will use goose or duck instead of mutton. The mutton substitute really constitutes a Cassoulet de Paris.

Surely a dish combining all good qualities—flavour (try it), calories (count them), and economy, not to mention the odour wafted out of the oven door!

Agneau

Lamb can be braised or roasted in the large pieces, with any of the variations suggested for mutton. Chops have stimulated the French cook to very little beyond the obvious broiling or sautéing. The garnishes have been indicated before.

Porc

Pork is considered a bourgeois dish and appears only on the family table. It is roasted, and the garnishes are peculiar to it, often—brussels sprouts, cabbage, purées, sauerkraut, etc. The chops are grilled or sauté, often in butter (yes, really), and served with Sauce

Piquante, Tomate, Soubise, Robert. Pig's feet are a great treat, especially if you eat them in a good restaurant where a dozen or more hours have been spent in their preparation. Bought all ready to broil they are good, too. This saves most of the dozen hours, and a lot of gas. So it is the only suggestion which I will give about them. The treatment of these trotters, however, is an example of care and thought applied to a mediocre bit of meat. Perhaps you will be interested in the technique. After having been well cleaned they are bound with strips of cheesecloth about two inches wide—a hint of the Chinese in this dish! They then are cooked gently for fifteen hours. At the end of this time they are removed from the liquor and the bandages are taken off after they have cooled slightly. Then they are rolled in breadcrumbs and melted butter, and grilled. Sixteen hours at least, and they are just ready to serve! With a purée of potatoes, vegetables, and sometimes exalted by a Sauce Périgueux.

The French technique with ham won't help you a bit. It is a braising really, with altogether too much wine to be practical for our kitchens. There is one ham dish of the

people with which I will close this chapter. The people in this case being the Basques, whose habits, cooking and otherwise, I admire. This is another economy dish, related to the Cassoulet, and it will have to go without a name.

Cook either fresh or dried Limas, soaking the dry ones before cooking. Do not complete the cooking, as with the Cassoulet.

Put into a casserole. Cover the top with thin slices of ham—very thin.

Add a tomato sauce (*see* Sauces).

Bake the dish long enough to cook the ham and brown it well.

In response to the suggestion of our friendly "editor" I am adding to this chapter a recipe for the popular Quenelles which appear often as a garnish, but which can be served as a separate dish with a Béchamelle or Crème sauce.

The process demands a mortar and pestle, but you will find these valuable in French cooking anyway, so why not have them on hand? Of course, you can approximate the results by fine chopping and mashing, especially if you have an old-fashioned wooden

potato masher. But the delicacy of the Quenelles depends on the creaminess of the paste. The ordinary cook does not make them himself but depends on the *charcuterie*, in France, to supply them.

Quenelles (simple recipe)

Take a half pound of cooked fillet of veal, chicken meat, or fish.

Remove the tendons from the meat, chop it fine, and pound it into a paste.

Add about three-quarters of a cupful of bread-crumbs, soaked in milk, and pressed in a cloth so that they will not be too wet. Mix the two well.

Add about a quarter of a pound of butter. Mix well.

Season, including a little nutmeg.

Add the yolk of one egg, combining well with the paste. Add a second yolk with the same care.

Add the whites beaten stiff.

Form the mixture in little rolls about as long as your finger. Roll them in flour.

Try one out in hot water. Throw it in when the water is boiling, and poach, keeping the water as hot as possible without boiling. Poach about ten minutes. If the mixture is too light add more egg white; if it is too stiff, add some cream.

This is the bourgeois method. That of the

more sophisticated kitchen is much the same except that it uses a panade instead of the breadcrumbs, and adds cream. This is the method, the result being slightly more delicate:

Make a panade—that is, a paste of milk and flour, as follows: Throw 3 tablespoonfuls of flour into boiling milk (a small cupful).

Cook a minute, stirring quickly, to make a paste.

Pour on a buttered plate and let cool.

Follow the same technique as in the above recipe for making the meat paste itself.

Then add the paste to the panade, very cold, and mix well.

Add the butter.

Add the two eggs, this method not demanding that the whites be beaten. Be careful to add one at a time though.

Put the paste through a sieve.

Add about a cupful of cream, most of it plain, part of it beaten. Some cooks add it all plain.

Make the little rolls and proceed to test as before. Poach as directed above.

There is an even more complicated method, but this will satisfy the most critical palate.

CHAPTER VII

POULTRY AND GAME

Or Poules, Poulardes, Poulets, Poulets à la Reine, Poulets de Grain, and Poussins, not omitting—Volaille! For this is the way the chicken family appears in French.

Any French cookery book will startle you with the whole family, but you may feel more at home if you think in terms of fowls, pullets, chickens, broilers, baby chicks—and anything with wings, which would be the English equivalent. That is—

Poule

A poule is a fowl, sometimes a hen, age unknown. But you can be certain that if it is offered to you on a menu under some such guise as Poule au Pot or Poule Henri IV, whatever its age, it will have been made tender and succulent by tricks known to French restaurateurs. The Poule au Pot has as dignified a place on a menu as the Poussin, its essential qualities having been studied and taken advantage of in the traditions of the

French cuisine. Probably Henri IV had something to do with its popularity when with all the chicks in the kingdom at his command he expressed his preference for the Poule, and established standards for a well-living people when he said, "A hen in the pot for Sunday dinner is every Frenchman's right", or something like that—a "full-dinner-pail" policy that should have made him popular! This same dish has come down in history and is a great favourite with chefs and housewives alike. If you want to see why, follow practically the same steps that you do for Pot-au-Feu, using a fowl in place of beef. You can serve the vegetables or not, but don't forget to have coarse salt on hand to accompany it. Serve the broth first, and follow it with the fowl.

Poularde

A pullet. It is often served whole as a roast with the French, the popular method being, of course, to roast it on a spit. Since spits don't grow in ordinary kitchens perhaps you would like to try an Alsatian trick—stuffing it with foie gras and roasting it in the oven—if your pocketbook will stand the strain.

Poëling is a simple method which produces unexpected juices, and it is a process so important in the French kitchen that it will have a place by itself later. At home with a simplified form of it you can try many of the variations which French chefs have made famous. It has about as many "appearances" as Sole Pochée. Occasionally pullets are braised, but not often.

Poulet dit à la Reine

A chicken, always tender and juicy when it emerges from the French kitchen, where much thought and care have been given to ensure a succulence sometimes lacking in a young chicken. It is usually sautéd and served with sauces, incomparable sauces, many of them rather familiar to you by now. Sometimes, to be sure, they call for a little matter of "ten larks, a foie gras studded with truffles and cooked in Madeira, common little things like cock's combs or crayfish tails, capsicums or small lambs' sweetbreads"!!! But you can produce a really distinguished dish with the more ordinary material at your disposal.

Poulet de Grain

A broiler. Often, as with us—simply broiled. It can be treated much as you have chickens, too.

Poussin

Tiny chicks, not so great a delicacy in France as they are here, perhaps. They are often cooked en casserole, stuffed with sausage or foie gras, truffles, or breadcrumbs, depending on tastes and pocketbooks.

This covers the chicken family, which with various other members of the feathered species really constitute VOLAILLE. When you see the word on a menu, however, describing some particular dish, as Suprêmes de Volaille, it refers to fowls or chickens only, Suprêmes always meaning breasts of chicken—a delicacy, of course. All fowl in France are delicious though, and of great importance in the cuisine. You must feel quite friendly with Brillat-Savarin now, so you will be pleased to know that he considered that "the entire gallinaceous family has been created merely to furnish our larders and to enrich our banquets" —as "suitable to a convalescent as to a man who enjoys the most robust health". No

wonder they found ways and ways to cook them and to serve them!

It must be remembered in trying French recipes, and perhaps being disappointed in results, that French chickens are always—FRESH. It makes a difference. Although the French have no high-powered methods of raising poultry like ours, the product seems always to be good. They may not have scientifically clean and airy houses in which to live, they may not be fed balanced rations, they may not be bred stock—but they "satisfy", and can always be trusted on the menu of the finest restaurant or the simplest inn. Becoming to the cook in either, "what canvas is for a painter and the cap of Fortunatus for conjurors".

Chicken

Sauté

The sauté process is the one which you will probably work over into your ordinary kitchen habits, so let's take that first. Really only a process of cooking dry in butter, oil, or a combination of the two. Comparable to our frying. The chicken is cut up, usually, and the steps are as follows:

use my French oven roasting pan

Have a frying-pan or stewpan which you can transfer to the oven, preferably. The important thing, though, is that it be *just* large enough to hold the chicken. A larger one requires too much grease, and the chicken cooks unevenly and heavily.

Brown the seasoned pieces *quickly* in butter, oil, or a combination. (Fresh butter is better than salted as there is not such a tendency to burn.)

Have the grease hot when you put the pieces in.

The secret of this first browning is to *watch*, and to turn the pieces often, ensuring an evenly coloured skin.

Cover. Finish cooking slowly either on top of the stove, or, preferably, in the oven, basting often. Take the tenderer pieces out as soon as they are done, leaving the others to finish.

When done, remove the rest. For the simplest dish, pour out most of the butter and swill the pan with chicken or veal stock. (Water *will* do, and tinned bouillon or essence from cubes works very well.) I use mutton broth from tins sometimes.

Reduce this sauce by cooking a few minutes.

Add the chicken and let simmer a few minutes.

Some chefs dredge the pieces in flour before browning. Your experience with fish and beef should prepare you for the variations here. Perhaps you can think some up for yourself, but to start you off we shall suggest a few.

Parmentier

You know what this means—*potatoes* of some sort.

Sauté the chicken in half butter, half oil.

At the same time toss some very small potatoes, or potato balls scooped out, in butter, adding about a tablespoonful of finely chopped onions.

When done, remove the chicken, placing on a platter topped by the potatoes and onions. Pour out the grease. Swill the pan with a half-glassful of white wine (bouillon or water can be used).

Add chopped parsley. Reduce a bit. Bind (off stove) with a piece of butter and pour over the chicken.

Before going on to the next recipe I want to write a delayed "dissertation" on little things! First of all—*fines herbes*. There is no reason why the average vegetable garden should not have its tiny corner of herbs which add so much to the joy of French cooking. Parsley, thyme, bay, tarragon, chives, shallots, etc. Even if you have no garden a very small space could be devoted to such a programme without spades, ploughs, or infinite care. Why not make it a chic fad to have a herb garden? In the winter your greengrocer can always get them

for you, and will if he knows that you are interested.

The next thing is—preparation of vegetables for garnishes. Do have some pride in their appearance—it will do wonders for your appetite, and for your reputation as a clever hostess! Simple enough if you study the problem a bit. Go to the shops and look at the devices for shaping vegetables—the little scoop which with a twist of the wrist turns out cunning round potato, carrot, or turnip balls; the sharp knife which you will use to round off carrots, turnips, etc., into cylinders, cones, etc.; the tricky thing that makes Julienne strips. Have a wooden board on which to do your cutting, and a long knife, very sharp, too. With the aid of these and clever fingers you can give a professional air to any dish.

Equip your larder with "tasty" seasonings—bay and thyme in dried form; tarragon vinegar; cans of tomato purée; cans of chicken, veal, and beef bouillon, or cubes; white and red wine for cooking; garlic and onion. A few minutes at the telephone and you will not have to bother about them again for a long time. Then you will indeed be ready to cook.

To continue with our chickens, which we are still sautéing:

Portugaise

You know enough by now not to start this unless you have oil, garlic, onion, and tomatoes at hand!

Sauté the chicken in oil or butter.

Remove the chicken. Pour out most of the grease.

Add to the little left a clove of garlic, half an onion chopped. Brown these. Add a tomato cut in chunks, and mushrooms if you wish.

Reduce by cooking gently.

Pour over the chicken.

If you want to make a very dressy dish of this you will add half tomatoes stuffed or plain, as a garnish.

Fermière

Back to the farm again, so to speak! Taking advantage of all its green things—carrots, peas, beans, turnips, celery, onions, potatoes—as many as you wish.

Brown the chicken in butter—first step in the sauté process.

While you are doing this prepare the following vegetables.

2 carrots sliced
2 turnips sliced
2 potatoes sliced
1 onion sliced
Celery cut up
} Brown slightly in butter
Beans (parboiled)

Add these (any or all of them) to the chicken, and put them in a casserole if your cooking vessel will not go into the oven.

Add some butter and two tablespoonfuls of chopped ham.

Complete the cooking in the oven.

Lyonnaise

Again a familiar word—bringing a whiff, or more, of onion in its wake.

Sauté the chicken in butter, browning slightly—first step.

When partly cooked add three sliced onions.

Brown these.

Complete the cooking.

Remove the chicken, and swill the pan with a few tablespoonfuls of white wine and white bouillon (again water *will* do).

Reduce the sauce.

Pour over the chicken.

NOTE.—Veal stock adds greatly to the suc-

culence of any sautéd fowl. Your guests will ask you where you found such juicy chickens!

Provençale

Geographically in the same belt as Portugaise —and using the same characteristic products— tomatoes, oil, garlic. In this case there are added delicacies which put this dish in the speciality class, to be tried on the most discriminating gourmet. When he enthuses, ask him what he thinks gives it its distinctive flavour, and watch him flounder!

Sauté the chicken in oil, completing the process. Remove it to the platter.

Pour out the oil and swill the pan with white wine.

Add a bit of crushed garlic, a tomato cut in chunks, a few anchovies, and some pitted ripe olives.

Reduce for a few minutes and serve with the chicken.

Now you have plenty of ideas. Using the sauté process either in its simple form, in the interrupted form which adds other ingredients in the midst of the cooking, or the completed form which adds all sorts of garnishes, you can let your imagination run riot with good

results. There are dozens of other adaptations in French cooking. Why not compete with your own ideas and experimentation? Really much more fun, anyway.

In a class by itself is Chicken Marengo, not quite a sauté since it "stews in its own juices" plus some others; not a poëled or a braised dish, strictly speaking. But a most popular one, mongrel as it is.

Poulet Marengo

Dredge the pieces of chicken with flour.

Brown them slightly in oil.

Add a large onion hashed. Brown.

When coloured add a cupful of white wine. Reduce about a half.

Add a cupful of tomatoes in chunks; salt, pepper; a bud of garlic; bay, thyme, parsley.

Cover and cook about twenty minutes.

Add some mushrooms and cook about ten minutes longer. If you want to be especially extravagant and do the unusual, include some truffles too.

Remove the chicken on to a platter. Skim the grease from the sauce, and pour the sauce over the chicken.

It really should also have quenelles in the sauce. You know—those delicious little sausage rolls of (generally) fish meat and crumbs, etc.

This is a very dressy dish in France. It appears flanked by fried eggs (the puffy French variety), croûtons of fried bread, and crayfish! Like gilding the lily, but if you want to follow traditions you might try it.

The French equivalent of a fricassée is often found in simple kitchens, although it does not find its way into menus as a rule. It is delicious though, and because of its similarity to English dishes may be the entering wedge with your cook, to whom French cooking seems too "fussy".

Fricassée

Cut the chicken in pieces and brown slightly in butter.

Dredge with flour, mixing well.

Cover with water. Add little onions, a carrot quartered, a bay leaf, thyme, and salt and pepper.

Cook slowly about half an hour or longer, covered. Remove the chicken to a platter when it is done.

Bind the sauce, *off* the fire, with the yellows of two eggs diluted with a little cream, and beaten slightly.

Heat the sauce, being careful *not* to let it boil.

Add some mushrooms if you wish, from a tin, or partly cooked fresh ones.

If you want a more sophisticated dish add a

half-glassful of white wine instead of the water, diluting with water if it is necessary while cooking. A cupful of bouillon and the wine makes it still richer. When the chicken is done it is almost "glazed", being covered with a luscious syrupy jelly really too good to be true. A variation of the fricassée is made with the addition of curry powder.

Brown the chicken pieces in butter.

Add two chopped onions and brown.

Sprinkle with a teaspoonful of curry powder (less or more according to your taste) and mix well.

Add about a cupful of bouillon, salt, a bouquet.

Cook slowly about twenty or thirty minutes, covered.

Add about a cupful of Béchamelle, and mix thoroughly.

Remove the chicken. Strain the sauce. Serve with rice.

A special recipe which is a meal in itself is a combination of rice and chicken, cooked together.

Brown the pieces of chicken in butter with a chopped onion.

Add a half-cupful of rice and mix well with the chicken and butter.

Add a cupful of bouillon.

Add two tomatoes quartered, salt, pepper, a bouquet, two chopped pimentos if you wish. Cook half an hour, or more if necessary.

Broilers belong to the same class as the chickens which we have been cooking and can be treated in the same ways if you wish. As with us, the French often prefer simple broiling but they are also fond of doing them sauté, Fermière, Parmentier, Chasseur, etc. Which reminds me that I have forgotten to give you the recipe for Chicken Chasseur, a sauté with a Chasseur sauce, which I was leaving until the end because the sauce is a little more difficult. However, your husband may return from France with one of those fixed ideas about Chicken Chasseur. It *is* a popular dish and he may have succumbed to its subtle flavour. So the next thing is to learn how to make it. Then you may put it at the head of the sauté family instead of the foot.

Poulet Chasseur

Dredge the pieces of chicken with flour.

Brown them quickly in butter and oil, half and half.

Cover and cook slowly on top of the stove or in the oven.

When done remove the pieces onto a platter.

Pour the grease from the pan and swill it with a little white wine. Reduce the sauce.

Add Sauce Chasseur and serve with the chicken.

Sauce Chasseur

Sauté some finely chopped mushrooms in oil.

When they are browned add some chopped shallots, about two, and cook a minute.

Add a half-cupful white wine and reduce.

Add a cupful of bouillon and a tablespoonful of tomato paste, mixing thoroughly.

Bind, off the stove, with butter.

Add a little chopped parsley and tarragon (or a dash of tarragon vinegar).

In the absence of the little vegetable garden I have so highly recommended you can rely on baby onions instead of shallots, tarragon vinegar instead of tarragon, and probably friend husband will not know the difference.

In our book, *A Guide to the Restaurants of Paris*, I mention a Chicken Crème which I once had at Comm' chez Soi, a pleasant restaurant on the Rue Roquepine which gourmets like. I called this particular dish

"intriguing" and I stand by that adjective! I want to pass on to you some of the secrets of Sauce Suprême which you can use for yourself with sautéd or braised chicken, and learn the real meaning of "intriguing" when it is applied to chickens—gallinaceous ones. Related as you see to our creamed chicken, but distantly related.

Sauce Suprême

Put in a saucepan a tablespoonful of butter and a tablespoonful of flour (big).

Mix these thoroughly and put them over a slow fire.

Add some chicken bouillon, or hot milk if you have no bouillon.

Cook, stirring frequently, or rather *whipping*.

In a cup prepare the yellow of an egg in a half-cupful of thick cream, beating slightly.

Beat this mixture into the sauce *off* the stove.

Return to the stove, to heat, but *not to boil*.

Season. Add mushrooms, truffles, ripe olives, if you wish.

Poëling

Poëling is another method used frequently in the preparation of fowl, especially of pullets. It is not too difficult, and certainly does add

quality to the bird. It is a process of cooking the bird slowly in butter on top of the stove or in the oven, on a bed of herbs to give it life, and finished with veal stock, preferably, to give it succulence. The steps are as follows:

Prepare a bed of herbs in a deep saucepan, deep enough to hide the bird, but no larger than is required. You have heard of this bed before—carrots, celery, onions, minced in about equal quantities; a little raw ham or bacon diced (optional); a bouquet or its equivalent in dry seasoning. The bed is raw for chicken since it is not desirable to have the sauce browned, as with beef.

Add butter—a large piece.

Rub the chicken inside and out with salt. Rub outside with butter if you wish. Put slices of salt pork or bacon over the breasts to keep them moist.

Place on the bed of herbs, cover the dish, and cook slowly, basting frequently.

When almost done add a little chicken or veal bouillon, mushroom liquor, or white wine (you remember these as the liquors used in fish cooking, the fumet taking the place of the chicken or veal).

Uncover and complete the cooking, basting often.

When well browned, remove the chicken from the pan.

Skim off the grease, and serve the sauce with the chicken.

Using this technique as a basis, and planning different sauces, many interesting dishes can be evolved, among them being:

Poulet Demidoff

Poële the pullet, until almost done.
While cooking the pullet prepare
2 or 3 carrots, cut and trimmed in pieces,
2 or 3 turnips prepared in the same way,
Some small onions—half a dozen,
Some celery cut in pieces.
Brown these slightly in butter.
Add these to the chicken, and complete the cooking in the oven, covered.
At the end add the liquor for basting, and a few truffles if you wish.

This method reminds you of that used with the sautéd chickens and broilers. It is, of course, the simple chicken casserole, whether the bird be chicken, broiler, or pullet; and whether the cooking process originally is sauté, or poëling. With a pullet the poëling is better. So vary the idea as you wish, starting with the poëling process, and converting the casserole into any form you like by vegetables, etc.

A famous chef of France varies the idea with another flavour, most successfully. "It

should appeal to you since the combination is one that we like. He half cooks the pullet first. Then he transfers it with vegetables to a casserole which he has lined with thin slices of ham. He swills the first pan with veal stock, two or three tablespoonfuls, reduces the sauce, and adds it to the casserole, completing the cooking.

Obviously you can use Parmentier, Fermière, etc.—any of the arrangements familiar with sautés. A very tricky idea is to stuff the pullet with foie gras and truffles!!! before poëling it. When almost done more truffles are added, with the stock or other liquor of the poëling process. A really expert cook will seal the cover of a de luxe dish like this with bread dough so that not even a whiff of this deliciousness will escape.

Braising

The braising process if taken seriously is too complicated for the ordinary kitchen. Taken not too seriously it is a cross between poëling and roasting. In case you are more definitely interested in techniques, I will describe a simplified method.

First brown the bird in butter (this step differs from the poëling process, as you see).

Put on a bed as for poëling, but add a little veal stock.

Cook gently, covered, basting. The idea is to reduce the stock to a sort of glaze which will keep the juices in.

When well reduced add a little more stock and repeat the process.

The last time add more stock so that the bird will be about half covered. Baste frequently as you would with a roast. The oven should be moderate, about 375 degrees.[1]

Reduce this stock to a semi-glaze, and serve plain or with garnishes.

A "false braising" can be done more simply by adding all the bouillon at once, about a cupful or a cupful and a half. To be simpler still, you *can* use water. With this process, a slow cooking takes about forty minutes.

This method can be used with any young bird—pullet, duck, turkey—in place of ordinary roasting if you want a richer dish and don't mind the trouble. Ducklings are especially

[1] It *can* be done on top of the stove. I once tried it on a goose too large for my oven, and have since done it with chickens.

succulent when they are treated with this tender care.

Roasting

Roasting itself is traditionally done on a spit, but compromise methods are now used even in French kitchens. The method is practically the same whether the bird be plain fowl, pheasant, duck, pigeon, or what-have-you.

Rub the bird inside and outside with salt, or put several grains of coarse salt inside.

Put in a roaster with a large piece of butter.

Put slices of salt pork or bacon over the breasts.

Put in a rather hot oven.

Baste often during the cooking.

Remove the bird when done and swill the pan with a little water, or bouillon. Serve this with gravy.

This is often done in an open pan in French kitchens.

Ducks and Geese

Ducks and geese require no butter, obviously.

The French sometimes stuff extravagantly with foie gras and truffles, or democratically with sausage meat or chestnuts. The real gourmet, like our friend Brillat-Savarin, believes

that nothing excels a truffled turkey—but with a natural production of a couple of million pounds of truffles annually, a Frenchman can afford to think that! A real truffled turkey has truffles inserted under the skin, too.

A country farm in France brings pictures of flocks of snowy geese and of less æsthetic ducks—by no means a rare sight. The French kitchen of the ordinary family is as apt to have ducks and geese on its spit as chickens—more so, in fact. It is a part of country routine to raise them—and to eat them. So they have many ideas to give us. Duck with turnips, duck with oranges, duck with peas, and that aristocrat of them all to me—duck with olives. I can never forget, and I never want to, the duck with olives which my Basque Joséphine used to produce with such ease and evidently not too great expense, for she had stern orders to exercise economy! This was one of my first intimate experiences with French kitchens and I was amazed every day to see what wonders Joséphine could produce, still bound by the necessities of economy. Careful shopping, careful and loving cooking, kept the budget beautifully within bounds. This was her economical way of cooking duck:

Caneton aux Navets

Brown the duck in a deep dish just large enough to hold it. Use butter and turn the duck often. Remove the duck and add 2 tablespoonfuls of browned flour to the butter, mixing thoroughly. Add two glassfuls of water, salt, pepper, thyme, and bay.

Boil this sauce. Add the duck. Continue cooking slowly, covered. Baste often.

Prepare five or six turnips—slice them and brown in butter.

Add to the duck when almost done and continue cooking.

Remove the duck, skim off the fat, and reduce the sauce. Serve this with the duck.

This is the simplest method. If you want a richer dish use bouillon instead of water, adding a tablespoonful of tomato paste to each cupful of bouillon.

Potatoes and onions can be added to the recipe above, prepared as for sauté dishes.

Caneton aux Olives

Use the recipe above, adding olives pitted, instead of turnips.

Caneton aux Oranges

Cook the duck as in Recipe 1, without adding the turnips.

When the duck is done remove it. Skim off the grease.

Reduce the sauce and strain it. Add the juice of two oranges and the grated rind of one.

You can Julienne and blanch the rind instead if you wish; it makes a more attractive dish.

Do this at the last minute and do *not allow the sauce to boil afterward.*

Cut the duck for serving. Moisten with the sauce. Garnish with slices of orange.

Another famous chef of France uses the juice of two oranges and that of half a lemon, with the peel of both.

The duck can be braised, poëled or roasted, instead of "suffering" from this false braising, but the method of the cuisine bourgeoise does very well. You can improve upon it with a little thought and care. Swill the pan with white wine before the bouillon and tomato paste are added. Then replace the duck and continue cooking. The turnips too can receive more attention. When they are browning sprinkle them with a little sugar, which will produce a sort of glaze, improving appearance and taste.

Salt pork is often used in preparing duck or pigeons. When duck is to be served with

peas, for instance, a popular method, salt pork and onions may be used in the cooking to supply that little fillip which the French often seem to think that peas demand. When they are to appear with duck the following method will be found interesting:

Caneton aux Petits Pois

Brown about a half-pound or less, according to the size of the duck, of salt pork in butter, with a dozen small onions. (Yes, do just as I say—brown the salt pork in butter!)

Remove the pork and onions.

Brown the duck in the same butter. Remove it. Skim off the grease, removing most of it.

Swill the pan with a cupful of brown stock, adding tomato paste in the same proportions—1 tablespoonful to a cupful of bouillon. Add thyme and bay. Add the duck and the onions. Add fresh peas. Complete the cooking.

Remove the duck. Reduce the sauce. Serve with the duck.

If we don't put it in, someone will surely ask, "But what about Canard Pressé?" And justly, for this dish has made a chef, a restaurant, and a people famous! You *will* have to buy a press if you want to try it, but that is a matter of

little importance in these days when we buy Frigidaires, Electric Stoves, and other special kitchen equipment without more than the traditional thought. The story of this dish reads like a fairy-tale—the scene centring around the Tour d'Argent and the cast being all sorts of grand people. The Tour d'Argent is a restaurant with traditions hundreds of years old, where in the reign of Henri III, the bright idea of forks was introduced to the smart world by the monarch at an intimate dinner. A restaurant the menu of which to-day sounds like a cross between the *Almanach de Gotha*, *Who's Who*, and the *Social Register*. Whenever a dish has made its way to the heart —and the stomach—of a European king or a "captain of industry", not forgetting the distinguished representatives of the arts and sciences, it has been dedicated to the appreciative gourmet, whose name thus goes down in culinary history. Pressed duck was a creation of the great "Frederick", who played host to the great and near-great at the Tour d'Argent for many years. He always presided over its appearance in the dining-room. Now his place is taken by André Terrail, who "carries on" every day in spite of his eighty years, still

standing uncompromisingly for the traditions of French cuisine. It is André who tells you how to make pressed duck.

In the first place the ducks should be strangled! This leaves them with rosy breasts.

Then you roast them about ten minutes.

In the meantime you make a liaison similar to the one described in the game recipes, a sauce which would certainly bring gout back into fashion if indulged in often. Made of the livers mashed through a sieve, mixed with cognac and Madeira, about one part cognac to two of wine.

Slice the duck in the kitchen, keeping the legs there, where they are broiled and added to the service for "second servings". All then goes into the dining-room for the dramatic last appearance. The duck the centre of the stage, the manipulation made before the audience of guests. The carcass is squeezed in the press, to yield whatever it has of succulence or nourishment; the juices are poured over the slices of breast, with the liver sauce and a dash of lemon juice; the whole is cooked in a dish over an alcohol flame until the sauce thickens, the meat being continually basted with the sauce. This takes about a half-hour,

a long half-hour in which your mouth waters every one of the thirty minutes.

To be served with a mellow Burgundy if there is still a bottle left in your "cellars". Not so difficult, as you see.

Geese have not a very high rating in France. When a whole goose is brought up in the way it should go, stuffed with the proper things to make it fat, with one purpose—to make its little liver delectable enough for a gourmet's consumption, it can scarcely assume enough importance in itself to be judged a delicacy. However, in Alsace especially, it has a place in the sun. Try a goose cooked this way sometime if none of your family is on a very strict diet!

Oie Alsacienne

Prepare a stuffing as follows:

Brown in butter (again, I mean what I say!) about a half-pound of sausage meat.

Add some chestnuts which have been boiled and skinned.

Sprinkle this combination with flour, mixing it in thoroughly.

Add a half-glassful of brown veal bouillon.

Stuff the goose. Toast or poële it, the poëling producing a more delicate dish.

Serve with sauerkraut which you have sautéd or not, if your family will stand for it.

Much the same technique is used with squabs and chickens as with duck. They can be sautéd, and served with many of the garnishes accompanying chicken, or roasted, stuffed. A richer dish is made much as you treated duck with peas.

Brown slowly in butter. Remove from the pan.

Brown some little onions and some chopped salt pork or bacon, about a quarter of a pound.

Drain off the grease and swill the pan with a few tablespoonfuls of white wine and bouillon, and a teaspoonful of tomato purée. Reduce a little.

Put the squab in a casserole and add the sauce.

The bird should be about half covered. Season and add a bouquet.

Cook slowly, covered, about ¾ of an hour, basting often.

Remove the grease from the top of the sauce.

Add a few cut-up mushrooms. Simmer ten or fifteen minutes.

Peas, olives, or turnips can be added in place of the mushrooms if you change the cooking time to correspond.

Game

The process with Game involves two or

three details usually: the use of salt pork or bacon; the studding of the bird with a few cloves; and often a liaison of the livers and the blood which has been saved. Although this kind of cooking does not belong in the average kitchen, I will suggest a few ways of treating the more common game.

Partridge

Partridge can be roasted in the method described before.

For roasting, the bird is often stuffed with a little chopped salt pork, or sausages and perhaps a few truffles, or sausages and chestnuts. It should be basted frequently so that it will not dry, and slices of salt pork or bacon should be placed over the breasts.

Stuffed like this, or plain, it can also be braised.

A favourite dish, which guarantees a tender bird, is

Perdrix aux Choux

Brown the partridge in a pan with some salt pork, cut in pieces, and two sausages. Stick a few cloves in the skin of the bird.

Remove the sausage and pork when they are browned. Sprinkle the partridge with a tablespoonful or two of flour. Brown.

Add a glassful of water or bouillon, with some wine if you wish.

Season, and add some slices of carrots.

Cook slowly about twenty minutes.

In the meantime cut a cabbage in quarters. Parboil it for twenty minutes. Put it in a casserole and add the partridge, the pork, and the sausage. Add the sauce, which should practically cover the cabbage. Cook two hours in a slow oven, covered.

Skim the grease and serve, as it is.

Pheasant

The same suggestions made for partridge can be followed for pheasant. The stuffing of sausage or pork fat and truffles or chestnuts recommended for these birds may well be made the day before, so that the flavours will be blended. Poëling, roasting, or braising can follow.

A famous Normandy dish, attributed to one of the finest of French chefs, is made as follows:

Brown the pheasant.

Put in a casserole a layer of slightly sautéd apples.

Lay the pheasant on top of this.

Cover with a layer of apples.

Add about a quarter of a cupful of heavy cream.

Cook covered for about half an hour.

Again I would suggest that in cooking delicate dishes in a covered casserole you might consider the French trick of closing the crack between the cover and the bottom with a thread of bread dough to ensure the retention of all the flavour.

Rabbit and Hare

Last of all—the hare or the rabbit, animals which have never gained any degree of popularity with us in the kitchen! However, you may want to try one some day. If you want a simple dish you will fricassée the animal as you do chicken, or curry it for a more piquant flavour, or sauté it and serve with garnishes. If you want something very tricky, and are willing to bother to save the blood, you can make a dish *véritable*, or without the blood, still an interesting one.

Lapin Sauté Chasseur

Brown the pieces of rabbit in butter.
Sprinkle with 2 tablespoonfuls of flour.
Add 2 chopped shallots (or tiny onions).
Brown these.
Add 2 cupfuls of white wine, or white wine and water; or red wine, or red wine and bouillon; or just

plain water. Salt, pepper, and a bouquet, some diced salt pork, a few cloves, and some tiny onions, which have been sautéd.

Cook covered in a casserole, preferably in the oven, for about an hour.

Then add some mushrooms, and cook again for a quarter or half an hour.

Strain the sauce, and add gradually to the liaison of blood and liver crushed through a strainer, which you have prepared. Add this to the casserole and heat but *do not boil.*

If you cannot make the liaison, remove the grease from the top of the sauce, and serve as it is, adding the mashed livers. To add to the flavour, a garlic bud and some sliced sautéd carrots could be added. An even greater contribution results from marinating the meat for a day or two, or less, in a combination of oil and vinegar or red wine—one part vinegar to two of oil—salt, pepper, a clove of crushed garlic, a bouquet, some sliced carrots and onions. This liquor is used later for the cooking.

Now when Johnny comes home with a rabbit or a hare you will know what to do with it!

CHAPTER VIII

VEGETABLES

THE Frenchman takes his vegetables seriously! He knows his onions and all the other légumes. There is a garden somewhere in almost every Frenchman's life. If he lives in the country it is at the back of his house—or perhaps in front of it, where it is as decorative as a flower garden with its trim shining rows. If he is a city dweller he saves his *sous* and buys a tiny plot of ground off in an ugly suburb. Here he builds a mere shed, where he keeps his gardening tools, does a little cooking, and even doubles up to sleep sometimes. Sundays and holidays find him there, urging a sometimes not-too-enthusiastic family to work, producing miracles, more and better vegetables to the square inch than you could imagine. Vegetables destined for his own family dinner table, where *Maman* works more miracles.

So important have vegetables been in French tradition that a whole body of symbolism and slang has sprung up about them. The leek is a Gallic emblem—dating back to the year 600, when the Gauls in their war against

the Saxons had the misfortune to wear red uniforms like those of their enemy. To make life simpler and the issue of the battle more certain, the Gauls picked leeks from the fields and wore them in their caps. Since they won the battle, they had to be loyal to this lowly vegetable. If you know French tastes, you know that the loyalty has continued strong! The leek even has a fête day of its own, March 1st, when Frenchmen all over France are busy planting leeks.

The carrot, which we are apt to consider a "low" vegetable, to them is a symbol of cunning, but for the life of me I can't trace that connection. However, they do think much more of it—that is quite evident, as you will see from the thought given to the recipes.

The cabbage occupies somewhat the same position as it does with us. We say—"cabbage-head" while the French say—"*bête comme chou*", "stupid as a cabbage". So this handsome vegetable suffers in both cuisines from an unfortunate depreciation. Even the French find little inspiration in it.

The turnip is equally "low"; in French it is the equivalent of futility—complete lack of importance. "*Des navets!*" with that expressive

shrug of dismissal that only a Frenchman can give with his shoulders, and the poor turnip takes a back seat, even in his cooking.

But the pea! There comes the difference—the pea is *le fin du fin*, the supreme end, *la fleur des pois*—which importance expresses itself in the tender care they give it in the French cuisine. You will soon see how superb a thing a pea cooked French can be!

Spinach has somewhat the same unfortunate healthful connotation that it has with us. They call it "the broom of the stomach" with much the same expression that we use when we say, "Eat your spinach, Bobby, it is so good for you". In spite of this, or perhaps because of this, they have thought of tricks for making it uncommonly palatable which we'll pass on to you, so that little Bobby will positively cry for more!

The onion means much more to the Frenchman than to us—is of vast importance. He could no more cook without it than a Spaniard could without oil. It is to French slang even that we have to look for the origin of one of our pet phrases, "he knows his onions", i.e. "he knows his business". We cannot claim that at all. The Frenchman has been saying

for generations "ce ne sont pas mes oignons", meaning "that is none of my business".

The artichoke, a semi-luxury with us, is dedicated to the fickle heart—perhaps because the lusciousness of its real heart is dissipated into so many leaves. But they do lay a great deal of stress on the succulent heart, discarding the leaves, and producing inspired dishes. One of the few examples of French extravagance that I know.

The choicest slang of all is connected with the vegetable, being, of course, *grosse légume*—meaning a "big guy". Imagine calling the mayor, for instance, a big vegetable in English and considering it flattering. When anything works itself over into the language of the people like this, it is something of importance in their daily life, which the vegetable certainly is in that of the Frenchman. Important enough to have a fat section by itself in any French cookery book, and a course by itself on any French menu. What—spoil the blended deliciousness of a vegetable dish by serving it with the meat course? By all means, no! It must be eaten by itself!

From this you can see that we have to be really serious about these légumes. No simple

broiling or frying will do. We must extend our interest through all the processes of—boiling in water, "boiling" without water, sautéing, stuffing, accompanying with delicious baking, glacéing, braising, purées—quite enough, isn't it? I will speak briefly of these different processes, before taking up definite recipes.

Boiling

Rather frowned upon by the French. When it is done, as little water as possible is used so that none will be left; it is boiling when the vegetable is put in; it is left uncovered when the vegetable is green—and then the vegetable is usually sautéd in butter afterward, to "give it flavour".

Dry "Boiling"

A process of cooking gently in butter a vegetable like spinach, which furnishes the little water left on the leaves after washing. It is also used with variations, with peas, carrots, etc.

Sautéing

Cooking in butter.

It is used much more frequently with fresh

vegetables like carrots, turnips, beans, etc., than with us. In this case, the vegetable is sliced or cut in pieces, browned quickly and cooked slowly. More definite directions will be given with separate vegetables. Boiled vegetables like onions, carrots, beans, sprouts, etc., are usually tossed in butter well before serving—really a variation of the sauté process. The secret is to wash them first in cold water, dry them by tossing in the pan over a fire, and then to add butter, tossing again frequently.

Purées

Used for potatoes, peas, carrots, beans, etc. The vegetables are first boiled, then mashed through a fine sieve, dried somewhat over a fire and seasoned with butter, salt, and pepper, followed by cream or some other liquid, to make it the desired consistency. Pea and bean purées are very popular. A little mashed potato is added to vegetables that are very watery, but this kind of purée won't interest you very much as a dish in itself. A purée is served with meat often, to furnish the exception that proves the rule of "separate courses".

Creaming

Not as with us—a matter of a pasty cream

sauce. The French are never guilty of this. Instead, they add real cream and butter to the cooked vegetable—and let it *cook*, stirring to keep it from sticking. Cook until it is well reduced, and the flavour of the two well blended. Then it is bound, off the fire, by a little butter.

Glacéing

A process producing the most attractive garnishes and used often in the simple servings of young carrots, turnips, onions, etc. The vegetables are boiled in as little water as possible with a good piece of butter and sugar, from a teaspoonful to a tablespoonful, depending on the amount, salt and pepper. The cooking should reduce the water until there is practically none left. The vegetables are then sautéd in the remaining syrup. Some cooks prefer to use bouillon for the cooking, or to add some to the water. This gives a richer, darker glaze.

Braising

An important contribution of the French cuisine, adding calories and interest to such vegetables as lettuce, endive, and celery, and effecting an impressive economy for our

kitchens. The Frenchman would be horror-stricken to see heads of lettuce going to waste as they do in our gardens!

Put in a frying-pan a tablespoonful of butter and a bed of sliced carrots, onions, a bay leaf, and thyme. Place the vegetable to be braised on top of this bed. The vegetables usually braised are endive, celery, and lettuce. The technique of preparation is the following for celery:

Parboil the bunch—after having removed the outside leaves, and cut off the tops of the celery—in salted water, covered, so that the steam will be effective.

Remove the bunches and run cold water over them.

Tie the bunches so that they will stay together, with slices of salt pork over each.

Add one cupful of bouillon and cook slowly one hour in the oven.

Remove the salt pork or bacon, and serve the vegetable with the braising liquor.

Lettuce does not need to be parboiled. Endive is simmered gently in butter and a very little lemon juice for about twenty minutes before braising.

A "false braising" can be done very well according to the following directions:

Cut the celery bunches in two, removing outside leaves and cutting off the tops.

Cook in boiling salted water until tender.

Brown a tablespoonful of butter and one of flour in the frying-pan. Add a cupful of bouillon, and boil fifteen minutes.

Add the celery, salt and pepper, a teaspoon of brandy if you wish, thyme, parsley, and bay.

Cook to reduce the sauce.

In addition to these major cooking processes, there are two or three general methods peculiar to the French, not a part of our vegetable technique. Little onions, for instance, are often added to vegetables, particularly peas, beans, carrots, potatoes, while in country kitchens bacon is popular in the preparation of peas, beans, and cabbage. Béchamelle, Mornay, Crème, Mousseline, Hollandaise, and Tomato sauces play important rôles with the légume family, while Black Butter makes a distinctive dish out of ordinary beans and a handsome one out of cauliflower. If you have eaten peas à la Française, you have probably given the French pea more credit than it deserves. For it's the cooking that counts—not the pea. Since the same process, varied a little, can be used with several vegetables, it is well to in-

clude it in the "general procedure". Put a big chunk of butter in the pan and toss the peas in it. Sprinkle with flour and mix well. Add a few little onions. Add a little water. If the peas get too dry during cooking, add more. Cook gently. Shredded lettuce is often added to the peas and mint leaves are used by some chefs, omitting the onions, where they want to please you and intrigue you at the same time. This same general procedure can be used with turnips, carrots, and beans. When carrots or turnips are cooked like this, the same technique is followed, except that bouillon is often substituted for water. This makes a meal in itself. Beans are usually parboiled first, since their cooking process is so much longer.

Since it is really in a class by itself let us attack the potato first. The common method, "in their jackets", exists also in ordinary French cooking, where the metaphor derives from the boudoir and becomes en robe de chambre. Baked potatoes are called au four, in the oven. These two methods, however, by no means form the backbone of potato cuisine as they do with us. First, of course, are the veritable "French frieds".

Pommes Frîtes

Always delicious in France, whether in a six-franc restaurant, a country inn, or the Ritz. Prepared as we prepare them and fried in deep fat. There are no particular secrets which I can give you except to have plenty of the fat and have it smoking. Most of the white-livered French frieds inflicted on us are due to too little fat, which cools when the potatoes are dropped in. If you haven't a great deal, do very few potatoes at a time. They should not touch. Move the potatoes about occasionally, frying for about ten minutes. Remove with a strainer or basket. Drain in the strainer. Salt, serve. Some chefs put them in fat hot but not smoking, and cook about seven or eight minutes without colouring. They then remove them. When ready to serve them, they throw them back into the fat smoking now and cook about two or three minutes, moving them about.

Almost as popular is the

Purée de Pommes de Terre

The technique is like ours with mashed potatoes except that the potatoes are mashed through a large sieve. No lumpy mashed

potatoes for the Frenchman! He also adds more milk than we do, the purée being less solid and more creamy, since he is not afraid to spend plenty of energy beating it.

Soufflé de Pommes de Terre

Is a glorified purée. Starting with this as a base, you add yolks of two eggs beaten well. Beat whites separately, very stiff, and add them slowly to the purée. Put in a small baking dish or casserole in a medium oven. Cook until browned. In making this, have the purée moist and creamy to start with, not as heavy as our mashed potatoes. Do not confuse this dish with the sophisticated Pommes Soufflées, which are quite another matter. I hesitate to give you the recipe, for fear you may fail and discredit me. For the process, simple as it seems, has tricks which can't be explained. Often with the best cooks here it is a failure. The French are very polite and say that it is our potatoes. Perhaps it is! Perhaps, too, it is that we don't know just the exact minute to take them out of the first fat; just the right thickness to cut them, for our potatoes; and just the right temperatures of the two fats. However, I'll give you a recipe and you can

experiment until you have found out for yourself the tricks of this dish, which the French cook seems to know by instinct.

Pommes de Terre Soufflées

Select sound potatoes not too young. The French say mûres, or middle-aged. Peel them. Cut them in very regular slices, one-eighth of an inch thick. Wash the pieces and dry them thoroughly. Plunge them into deep fat moderately hot. Increase the heat after they are in. Let them cook *without* stirring, four or five minutes. They should rise to the surface when cooked. Lift them out with a strainer and drain. Plunge them into a second fat, this one *very* hot. They will commence to swell. Leave them a second or two and remove. Dry them and salt—and good luck to you.

Pommes de Terre Château

Scrape tiny new potatoes, or make potato balls out of large ones with a potato scoop. Sauté them in hot butter, shaking often. Sprinkle with salt. Some chefs parboil them first by putting them on the stove in cold water and just bringing it to a boil. Prepared originally this way, they can be put in a baking

dish, with a piece of butter, a little white bouillon, seasoned, and sprinkled with chopped parsley. Cooked in a hot oven a few minutes these make a richer dish. For garniture, these little potato balls can be boiled instead of sautéd, rolled in butter and chopped parsley.

Pommes de Terre Sautées

The French use two methods. Take your choice. Cut in small slices, either raw or cooked potatoes. Sauté in butter, until done if they are raw, or browned if they are cooked, shaking often. Salt.

You can vary this by the popular onion, and by now you know what to call this dish—

Pommes de Terre Sautées Lyonnaise

Sauté in butter some sliced boiled potatoes, browning them quickly at first, then cooking slowly.

In another pan brown some sliced onions slightly, and add them to the potatoes.

Sauté the combination a few minutes, stirring often.

Serve with chopped parsley.

If you are interested in economy—of time and materials—try some of these simple dishes of the ordinary French kitchen, which probably

serve as a meal in themselves with a few hors-d'œuvre.

Recipe 1

Boulangère

Melt a piece of butter the size of an egg in the frying-pan.

Add a large onion cut in slices. Brown.

Add two cupfuls of water or bouillon, some sliced potatoes, salt and pepper, chopped parsley, a bay leaf, and a pinch of thyme.

Cover and simmer until done on top of the stove or in the oven.

Be careful in using dried bay and thyme for seasoning as a little goes a long way. The French always have them green, tied with the parsley in a little bunch which is called a bouquet and which seasons more gently than the dried. When reference is made to a bouquet it means seasoning with parsley, thyme, and bay.

Recipe 2

En Matelote (Stew)

Sauté some little onions, or sections of large ones.

Cut bacon or salt pork in small pieces. Add them to the onions, sautéing in the butter.

If the meat is too fat, you may want to pour off a little of the grease.

Sprinkle with flour, about one tablespoonful.

Mix well, and brown.

Add about two cupfuls of water, or stock seasoned with one tablespoonful of tomato purée if you like, salt, pepper, and a bouquet.

Bring to a boil. Add potatoes in rather large pieces. Cover.

Simmer until done, about forty minutes.

Recipe 3

Farcies (Stuffed)

Bake some big potatoes.

Cut in halves lengthwise.

Remove the pulp. Mash it well, or put it through a sieve. Add butter, salt, pepper, and cream or milk as for a purée; chopped parsley and chives, if you have them, some sautéd sausage meat, or cooked codfish, hashed meat on hand, or an egg beaten and some grated cheese—really anything your cooking mind suggests as a good combination.

Fill the shells. Put on a baking plate, buttered.

Sprinkle with melted butter and paprika.

Put in an oven and bake a while, browning under the broiler.

Recipe 4

Au Fromage (with Cheese)

Boil or steam potatoes.

Put through a sieve.

Place a layer of the potatoes, dotted with butter and seasoned, in a shallow baking dish.

Add a layer of grated cheese.

Repeat three or four times.

Sprinkle the top with grated cheese and melted butter.

Bake for a few minutes in a hot oven, browning under the broiler if necessary.

Recipe 5

Cut potatoes in thin slices.

Place them on a flat baking dish, buttered and spread with breadcrumbs.

Season.

Beat in a bowl an egg or two with a cupful or more of cold milk, depending on the amount of potatoes.

Turn this over the potatoes, which should be well covered with the liquid.

Bake in a hot oven about half an hour.

We have left until the end the details of creaming and of croquettes.

Creamed potatoes in France, the yummy ones that you remember are *creamed* potatoes.

Simply parboiled potatoes (or raw ones) diced fine, put in a frying-pan with a large piece of butter, salt, and pepper—and cream! Enough cream to cover. Then simmered, with the cover on, until the cream is practically reduced, the potatoes being stirred as little as possible during cooking.

If you haven't the cream, try replacing it by a little bouillon and butter, at first, letting the potatoes cook some minutes. Then add milk to cover. Simmer until reduced, and bind with a ball of butter mixed with flour.

Croquettes are very simple—purée without milk mixed with the yellows of eggs, about three eggs to two pounds of potatoes. Cooled. Divided into portions which can be shaped into flat cakes or rounded croquettes.

Dipped in egg and floured if you are frying them in a buttered pan; with breadcrumbs added if you are frying in deep fat.

Now to commence with the A's—Artichauts (Artichokes), Asperges (Asparagus), and Aubergines (Eggplant).

Artichauts

Artichokes are a much more common dish in France than here, served much the same

where the whole vegetable is concerned. Cooked in salted, acidulated water, boiling. Served hot with melted butter or Hollandaise, Vinaigrette, or Mousseline; cold with Vinaigrette, or Mayonnaise. In country districts they are often served with heavy sauces which would be of little interest to us. But this is only the beginning. In restaurant service you will be more apt to find delicious dishes created around the bottom, *fond*, alone, while the French chef thinks nothing of sacrificing half a dozen hearts to the garnish of a single dish. One or two of these recipes will suggest other toothsome luncheon dishes.

Fonds d'Artichauts Farcis

Remove the leaves and the choke from the bottoms.

Boil the bottoms in acidulated, salted water.

(Rub with lemon first so that they won't blacken.)

Sauté about one part onions to eight of mushrooms, in half oil, half butter.

Drain.

Add a few tablespoonfuls of bouillon and some tomato purée about four parts to one, a little crushed garlic if you like, and a couple of tablespoonfuls of red wine if you have it!

Reduce this sauce by cooking. Thicken with breadcrumbs, to make a stuffing.

This is only a suggestion for a stuffing, the combination of onions and mushrooms, sautéd and then cooked in bouillon with a flavouring of red wine and garlic, thickened with breadcrumbs, being a common one. You can plan others, utilizing little bits of left-overs from the refrigerator—chicken, peas, bacon, etc., remembering that bouillon, tomato purée, onions, contribute to the richness; and breadcrumbs always furnish binding material. Stuff the bottoms. Sprinkle with butter and crumbs, bake a few minutes and serve with Béchamelle Sauce, or alone.

You can try somewhat the same combination you did with poached eggs, and welcome another way to fool your family into eating spinach. You will be able to name this for yourself, too, by now.

Fonds d'Artichauts Florentine

Make a stuffing of onion and chopped spinach, sautéing together until they are quite dry, seasoning, adding a bit of garlic and some anchovy purée for flavouring if you want to. A little stock will improve it too.

Stuff the bottoms. Place on a baking dish.

Cover each with Sauce Mornay, sprinkle with grated cheese, and brown under the grill.

The bottoms can be sautéd in oil, too, or in butter, alone or with tomatoes and onions. You can make a purée if you want to, this being one to which you must add mashed potatoes for thickening, but this dish has never seemed very interesting to me.

Asperges

Asparagus is enough of a delicacy so that it is often left alone! Cooked and served hot simply with Butter Sauce, Black Butter Sauce, Mousseline, Crème, or Hollandaise; or cold, with French dressing, plain Mayonnaise, or Chantilly. It seems almost a shame to add to the succulence of Argenteuil asparagus or disguise its flavour. When a butter sauce is served, the dish is often made to look more enticing by sprinkling grated egg yolks, Parmesan, or breadcrumbs over the heads. The butter sauce added to this should be slightly browned, enough to give a nutty flavour. The French call this *beurre noisette*, and the cooking instructions are—"Brown until it exhales a nutty odour".

You can economize by buying the thin green asparagus, which does not look so well served whole, and trying these recipes.

Recipe 1

Asperges à la Milanaise

Cut in inch lengths and boil in salted water.

On a well-buttered baking plate put a bed of the asparagus, and a layer of grated cheese, salt, pepper, and butter. Follow with another layer of cheese and of seasoning.

Sprinkle with melted butter.

Brown in the oven.

Recipe 2

Parboil (about five minutes) small pieces of asparagus, the size of peas.

Drain.

Put a big piece of butter in a frying-pan or stew-pan—a half-teaspoonful of sugar, 2 tablespoonfuls of water or bouillon.

Cover and simmer about a half-hour.

Bind the same with a ball of butter mixed with flour.

When ready to serve, remove from the fire, and add the yellow of an egg, beaten slightly with a little water. Stir well.

Recipe 3

Cook the asparagus as in 1.

Add cream and butter, and simmer slowly, as indicated in the recipe for creaming vegetables.

Aubergines

The egg-plant is served much more commonly in France than in England or America. Often fried, of course. Cut in thin slices, dredged, and fried in deep oil, hot enough to smoke. Drained and seasoned. If the egg-plant is rather small and really shaped like an egg, you can peel it and cut it lengthwise into thin slices, starting from the round end and stopping just before you get to the small end. This leaves the slices so that they can be spread out like a fan, and makes a most prepossessing dish. It is then fried. Fried egg-plant should always be served immediately and the same precautions followed as with French fried potatoes: have enough oil; have it smoking. If I should suggest that you collect some onions, tomatoes, and garlic ready to make an egg-plant dish, what would you call it? Provençale, of course, and your mouth would commence to water at the thought. All right —let's start—

Aubergines à la Provençale

Peel the egg-plant and cut in pieces (about an inch square).

Salt and let them stand awhile.

Dredge them and sauté them in a frying-pan with smoking oil.

At the same time sauté in oil, in another frying-pan, some peeled tomatoes cut in chunks—about the same amount, with a little onion, and a garlic bud if you wish.

When the two are cooked, put them together in one pan and sauté a few minutes or bake in the oven.

Serve with minced parsley.

Aubergines Farcies

Stuffed egg-plant is very popular. The preliminary step is always the same.

Cut the egg-plant in two lengthwise.

Make crosswise cuts on the surface, so that the frying process will proceed more quickly.

Salt and let stand awhile.

Fry in olive oil for a few minutes; it need not be "deep" for this, but it should be hot and the egg-plant should be turned frequently. There should be enough oil to cook it.

Drain and scoop out the pulp. Put the shells aside on a baking dish.

Two recipes for stuffing will give you plenty of ideas, the one rich, delicious, but rather heavy; the other, much more delicate.

Stuffing 1

Chop the centres which you have scooped out of the egg-plant.

Add a tomato and two mushrooms, chopped.

Brown two minced onions and a clove of garlic in a tablespoonful of oil.

Add the tomatoes, the mushrooms, and a little chopped parsley.

Cook two or three minutes, adding a tablespoonful of white wine if you want to.

Add the egg-plant centres, salt and pepper.

Cook a few minutes.

Stuffing 2

Mash the pulp well with a fork.

Add about as much heavy Béchamelle sauce.

Add some grated cheese.

Add the white of an egg, beaten stiff. Possibly all of it won't be necessary. It depends on the size of the egg-plant.

Stuff the egg-plant, sprinkle with breadcrumbs and brown under the broiler, or in the oven. If you use stuffing 2, bake a few minutes.

You can also enclose thicker slices in a batter, and fry in deep fat like a fritter, if that sounds interesting to you.

If we "go alphabetical" in French, the next

group will be—Carottes (Carrots), Cèpes and Champignons (Mushrooms), Chicorée (Chicory), Chou (Cabbage), and Choux de Bruxelles (Brussels Sprouts), Concombres (Cucumbers), Chou-fleur (Cauliflower), certainly a decorative group.

Carottes

Carrots are usually glacéd, according to the technique given in the beginning of the chapter. If they are very young and tender, they can be sautéd—care being taken not to burn them. Glacéd, or boiled in plain salted water, they can be creamed, using the method described in the beginning. Often peas are added to the creamed ones, the result being called Chantilly. You can make a purée according to the regular rules if you like, and serve it with veal when you want to add a little distinction to the dish. Or you can boil them in a little water, and sauté afterward. The more ordinary vegetables are apt to have some "country" recipes that are particularly wholesome and delicious. Such a one is this:

Carottes à la Bourguignonne

Scrape some carrots, wash them, and cook in

boiling water, salted. Have only enough water so that it will have evaporated by the time they are cooked.

Sauté some onions sliced, in a frying-pan, in butter.

Add the carrots cut in pieces or whole.

Sprinkle with flour, mixing it well, and browning it.

Add a glass of bouillon, or water, salt and pepper.

Simmer about fifteen minutes. Serve.

Cèpes

Mushrooms make their appearance in simple guises—sautéd, creamed, or grilled; and in more unusual combinations. The sautéing process is the same as for other vegetables. An equivalent of it, a little more delicate, results when you put a big chunk of butter in the top of the double boiler, adding the mushrooms, and simmering slowly. This makes an excellent basis for creamed mushrooms. For these, you sprinkle a little flour over these double-boiler mushrooms when they are cooked, add cream, and simmer. A little chopped onion, tossed in butter, can be added to any of these.

The sauté process can be varied in several ways. Use hot oil and sauté them quickly.

When about done, add the stalks chopped up, a little chopped shallot, and a few bread-crumbs. Sauté a few minutes. Garnish with drops of lemon juice and parsley. This is a dish of the south of France. Onion and a little garlic, or onion, garlic, and tomatoes can be sautéd first and added to the mushrooms. Again—to name? Oh, yes—Provençale. A little white wine won't hurt them. Or, huge mushrooms can be sautéd in oil and butter, and stuffed with some of the mixtures suggested for egg-plant or tomatoes, sprinkled with bread-crumbs and baked in the oven. The mushroom purée is made by forcing raw mushrooms through a sieve. Then you add some Sauce Béchamelle and a little cream, season, and simmer for a few minutes. Bind, off the fire, with a little butter.

I am inserting here two recipes which my French editor demanded. She says that Cèpes à la Provençale is one of the first dishes for which she clamours each time on her return to France.

Cèpes à la Bordelaise

Cut the mushrooms in slices.

Sauté them in a little hot oil and butter. Season with salt and pepper.

Toward the end add a teaspoonful or more of chopped shallots, and sauté.

Before serving pour Beurre Noisette over them, and garnish with chopped parsley.

Cèpes à la Provençale

The recipe is the same as for Cèpes à la Bordelaise except that garlic is substituted for shallots, and oil for butter in the cooking. The Beurre Noisette is not added. Another chef sprinkles the mushrooms and garlic with a tablespoonful of flour, mixing well. Then he adds two tablespoonfuls of white wine and one of water and boils ten minutes.

Chicorée

Just one recipe for Chicory, a simple one, good to be added to the children's menu or your own—

Chicorée Crème

Cook chicory about ten minutes in boiling salted water uncovered.

Run cold water over it, and hash fine. (When a French chef says "hash" he means it. He uses a

large knife and a flat board, a much simpler method than ours.)

Make a Béchamelle sauce about the consistency of thick cream.

Season it. Add the chicory. If you wish, put it in the oven twenty minutes or half an hour, to blend flavours.

Chou

I have warned you not to expect much of the cabbage. Sauerkraut, yes, and soup—by all means. But you won't see it often given individual importance. You can boil it in salted water—not too long! And serve it creamed, or sautéd. Or cut it in quarters, covered with a Sauce Mornay, and baked in the oven until browned. Or you can stuff it if you have the patience and want a one-dish meal.

Chou Farci

Parboil a small cabbage.

Cool it.

Separate the leaves, and stuff. Use your ingenuity in this—chopped ham, or veal, or beef mixed with minced and sautéd onion, breadcrumbs moistened with a little bouillon, highly seasoned. Sausage, perhaps, and breadcrumbs.

Bind the leaves together again, put slices of bacon around, and tie securely with a string.

Braise it for a long time—three hours is not too much. Or you can just boil it for a simple dish.

When ready to serve, drain, remove string, serve with a little of the gravy.

If you like red cabbage you will be interested in this recipe, Flemish in origin.

Chou Rouge aux Pommes

Wash a red cabbage and cut in quarters.

Put it in a kettle with enough water to cover.

Add a half-dozen peeled and cored apples, a large piece of butter, salt, pepper, and two or three cloves.

Let this cook two hours or more, over a slow fire.

When ready to serve, bind with a tablespoonful of currant jelly mixed with a little flour and a tablespoonful of vinegar.

Choux de Bruxelles

This baby member of the cabbage family has not been much of an inspiration in French cooking either. If you cook them in boiling salted water, and then sauté them in very hot butter or cream them, you have about exhausted their possibilities. Some chefs put them in a casserole with a big piece of butter, and

let them cook in the oven for fifteen minutes, instead of sautéing them after boiling them, while others add a few tablespoonfuls of bouillon instead of butter.

Chou-fleur

But—Cauliflower is quite another matter. Chefs have thought it worth a little more consideration and have dignified it by fancy names. The original cooking is the same as with the less distinguished members of the family—boiling whole or in bunches in salted water. It can then be served with a Sauce Crème, with plain butter sauce slightly browned as with asparagus (Noisette), with Black Butter, Sauce Hollandaise, Mousseline, Tomate, etc. Or it can be sautéd and served plain.

The Mornay method is delicious here as always—

Toss the cooked cauliflower bunches in butter a few minutes.

Put them in a baking dish.

Pour Sauce Mornay over.

Sprinkle with grated cheese, breadcrumbs, and melted butter, and brown in the oven.

The simple cheese method, inspired by Italian ways, is also an acceptable variation.

Milanaise

Place bunches of cooked cauliflower on a flat buttered baking dish, covered with grated cheese.

Sprinkle the cauliflower with grated cheese.

Sprinkle the whole with melted butter.

Put under the grill for a few minutes.

The near relative Broccoli has not acquired the popularity in France that it has here, but it can be found on menus. It is stripped of its leaves, boiled in salted water about fifteen minutes, and served with Hollandaise or Sauce Crème. There is no reason why most of the methods applied to cauliflower should not be tried with broccoli if you want to experiment. The handsomest cauliflower dish is the one described below.

Chou-fleur à la Polonaise

When the cauliflower has been boiled whole, and is ready to serve, put it on a platter.

Put the yolks of hard-boiled eggs through a sieve or colander and mix with chopped parsley.

Scatter this over the cauliflower.

Pour over the whole Beurre Noisette in which some breadcrumbs have been browned.

Sprinkle a little lemon juice over the whole.

Concombres

French economy and cleverness are evident again in their treatment of the cucumber, which has such a restricted place in our menus on account of a misdirected imagination. The imagination we should spend on thinking up ways of making it palatable and attractive, we devote instead to the idea of digestive difficulties. I have never heard a Frenchman complain that cucumbers gave him indigestion. Raw, of course, marinated in French dressing as we have suggested in the chapter on Hors-d'Œuvre, you simply cannot escape them in France. Cooked, they appear less often, but offer novel charms. You will like them best creamed.

Concombres à la Crème

Cut them in quarters, and remove the seeds.

Cook them in acidulated water about ten minutes.

Drain them in a strainer.

Put in a saucepan with a rich Béchamelle and heat.

Another chef does the actual cooking in butter instead of water, and creams them by the usual creaming process, adding a little Béchamelle at the end for thickening. The dish, either way, is unbelievably delicate and attractive in appearance.

They can be parboiled, cooked in butter, and stuffed with something your refrigerator suggests, but I've never been too happy about most of these combinations. If you've a culinary "way with you", try your hand at the problem.

Céleri

One more C that I had almost forgotten—Celery. It can be boiled as we do it and creamed as the French do. An attractive variation of this seldom seen on English tables is made by cutting the stalks in graduated lengths, boiling them in salted water, and serving them whole with some Sauce Béchamelle, Crème, or Hollandaise. Sometimes the French cook them Mornay, as we have explained with cauliflower. Peculiar to the French, and one of their most distinctive dishes, is Braised Celery, a simplified recipe for which follows:

Céleri Braisé

Take off the outside stalks, and cut the tops off.

Cut the bunch in two lengthwise.

Cook in salted water, pushing it down into the water often, so that it will not blacken.

Put a good piece of butter in the frying-pan, with a tablespoonful of flour. Mix well.

When this is browned, add a glass of rich bouillon, and season. Reduce.

Add the celery, well drained. Reduce again.

The regular braising process described at the beginning of the chapter makes a more subtly flavoured dish, and will not seem difficult after the first trial. Either of these can be used with endive and celery also.

No D's, but Endive (Endive) and Epinards (Spinach) for the E's.

Endive

Endive may be boiled plain, in water with the juice of a lemon, and served with Butter Sauce, Sauce Crème, or Mornay. As with celery though, the most distinctive and delicious treatment is that of braising.

Epinards

The French have realized the healthful value of spinach, and have evidently been far more concerned than we in tricking people into eating it by making it so appetizing. No soggy, boiled spinach for them! For you have discovered by now that the French usually refuse to cook a vegetable in water if they can cook it any other way! Usually the alternative is butter, as it is in this case.

Plain Spinach

Put a large lump of butter in the bottom of a kettle or stewpan.

Add the leaves of spinach well washed.

Put over a slow fire, occasionally lifting the spinach up from the bottom, so that all of it will have come into contact with the butter and the heat. It will yield up its juices very soon.

Salt as soon as it all gets moist.

When cooked, drain well. *And save* the juice. Combined with a Sauce Béchamelle it makes a delicious soup.

Heat the spinach a few minutes with some butter and serve. Or—

Epinards à la Crème

Cook as above.

Rinse in cold water.

When drained, chop in a chopping bowl or on a board.

Put in a saucepan with a large chunk of butter.

Add some cream. Reduce.

You can use a little Sauce Béchamelle instead of cream. In this case, you cook a few minutes and bind with a little cream. Instead of the cream, you can add some grated cheese after you have seasoned it with the butter. Put it then on a flat buttered baking dish and bake in a hot oven. For a still richer dish, use Sauce Mornay instead of the grated cheese, with breadcrumbs and grated cheese on top.

For an unusual luncheon dish, try

Soufflé aux Epinards

Cook the spinach and chop it, or pound it through a sieve. Then make a regular soufflé mixture, the proportions being—six eggs to about a pound of spinach (uncooked), or some fraction of this, in proportion. The soufflé mixture means adding to a base—

Yolks of eggs, beaten slightly. Added first.

Whites of eggs, beaten stiff, and folded in. In this case a little grated cheese or some chopped

anchovies will make the soufflé a little more exciting. Bake in a buttered casserole in a rather slow oven.

Haricots

Skipping to the H's, we have the whole Haricot (or Bean) family—string beans, kidney beans, lima beans, to consider the most important ones. String beans are one of the few vegetables which the French chef is almost obliged to give the "water treatment", either by parboiling or plain boiling. Even with these he has a few tricky ways of avoiding it. However, the most common cooking method is to boil them uncovered, in salted water until tender but not too soft. Opinions differ as to how they should be cut. I prefer to do it lengthwise myself, at right angles to the string side, but other worthy cooks cut them in small pieces crosswise diagonally. I always add a pinch of soda because I do like to see them green, and I believe that vitamines are now considered strong enough to withstand the ravages of soda. Leave them uncovered, of course. Again opinions differ as to whether they shall or shall not be rinsed in a colander under the cold-water tap—so choose your own

way. Then dry them in a saucepan first over the fire, add plenty of butter and sauté them well. They are delicious even if they brown a bit. If you like the taste of "black butter" prepare that and add the beans. It does give them sophistication! Or add them to a rich Crème Sauce, for more calories. Incidentally, the water in which they are cooked is especially good added to onion or sorrel soup. Are you curious about the "no water" treatment? Here it is—a country dish.

Haricots Verts Bourgeois

Put the beans cut in pieces in a frying-pan with some fat salt pork cut in pieces. Add some peeled and chopped tomatoes, salt, pepper, and a glass of bouillon. Cover and cook slowly until done.

Sh—— perhaps there is water in bouillon, but this isn't exactly cooking in water, is it? This method can be applied also to soaked white beans. Sometimes the beans are only parboiled in water, and then cooked slowly in butter.

Lima beans have not proved very stimulating to the French chef either. Sometimes he cooks them with a piece of bacon and serves them with a tomato sauce. The simplest method is, of course, to boil them and sauté in butter.

The purée is very popular and deservedly so. Mashed through the sieve, enriched by butter, and dried out over the fire, it sometimes needs the addition of a little milk or cream, or the water in which they were cooked. One of my favourite dishes is the lima bean and ham one, found in the Chapter on Meats. A favourite Brittany dish is made as follows:—

Boil the beans until cooked, salting just before finished.

Drain them.

Put in a frying-pan a large chunk of butter.

Heat and add one or two onions cut in slices.

Brown the onion.

Add one teaspoonful or more of flour. Brown.

Add the beans and a little of the water in which they were soaked, or bouillon, salt and pepper.

A little tomato paste can be added too.

Simmer ten or fifteen minutes.

Red kidney beans again are rather more a dish of the people. They can be treated in much the same way as limas, but I want to include a unique recipe which may interest you.

Haricots Rouges au Vin

Cook them as you do limas.

Brown a chopped onion in butter, sprinkle some flour over it, and add about a cup of red wine.

Reduce by cooking about ten minutes.

Add the beans.

Cook a few minutes.

Ham or salt pork in small pieces can be added to the onion if you want a more substantial dish—the kind a French peasant does a day's work on. They too are sometimes boiled with bacon or salt pork to give them flavour, and the French housewife doesn't hesitate to add an onion or two, perhaps, or a carrot cut in slices.

Laitue

For Lettuce I have only two suggestions, neither of them to be ignored! Boiling, followed by "creaming", and braising. The braising is the same method that you used with endive and celery. Try the creamed lettuce this way. I ate it one very hot day in a Bois restaurant and begged the secret of the chef. There really wasn't any, as you see.

Laitues à la Crème

Boil a head of lettuce for twenty minutes in salted water.

Drain and run cold water over it.

Put the lettuce in a delicate Sauce Crème, and you will have a deliciously cool-looking green and yellow combination.

Before we leave the L's, though, I want to suggest that you boil Lentils and serve them with a butter or cream sauce, as you do onions. If onions are "taboo" for some member of your family, you can make him happy by this substitution.

Marrons

M furnishes us Marrons (Chestnuts), and having once succumbed to the tempting richness of Purée of Chestnuts and whipped cream, you will not be content until you have tried it at home, even if it means a day or two of compensatory fasting afterwards. The purée is simple enough—it's the shelling that's hard. My cook once showed me a simple way that I will pass on. She cut the shells a little on the flat side, and put the chestnuts in a dish with a little water in the oven for five or ten minutes. Then it was easy enough to get the shells off. The purée will be more delicious if you boil the chestnuts in white consommé—take a tin of chicken or veal broth, strain it, dilute it

with water—and *voilà!* that is simple enough. You can use water, of course. A bit of sugar helps blend the flavours, too. When the nuts are soft, press them through a sieve, and continue the purée process as described. You can serve it as a garnish; as an accompaniment to turkey, chicken, or meat; as a vegetable in itself; or as a semi-dessert with whipped cream.

Navets

The turnip shares the same low place in the scale as the carrot, but some day try cutting young ones in thin slices and giving them very tender care while frying in butter. By tender care I mean placing all the slices flat in the pan, one layer only, and browning them slowly. Then, one by one, lift them with your fork, and turn them over—browning evenly on that side. Germaine does this without any complaint, even if it is only a turnip, and the "results satisfy". A little sugar sprinkled over them gives a "glazed turnip" of sorts. You can follow also all the methods used for carrots, adding to them the purée, which is really an equivalent of our mashed turnips. Then if you have been hopelessly extravagant

and want to retrench, try this tasty dish some day.

Navets Farcis

Use large well-formed turnips.

Peel them and hollow them out.

Parboil them about ten minutes, and drain.

Stuff them with a combination of chopped meat, onions, etc., as we have suggested before, or sausage meat and onions.

Sprinkle the top with breadcrumbs, melted butter.

Put in a baking dish with enough bouillon to reach part way up the turnip.

Bake in the oven, basting often.

Oignons

And now—on to the Onions made famous by the Prince de Soubise, and considered tenderly by every chef since—and undoubtedly before! However, this vegetable is much more important as an accessory than as a dish in itself. The French chef can suggest little to the English cook, except his special kind of "creaming", and the glazing process which you have already applied to carrots and turnips. They can be cooked slowly in butter, too, or stuffed much as you do turnips. The purée

made famous by Soubise has been discussed in the chapter on Sauces.

Petits Pois

Almost last, but perhaps most important, is the fin du fin—the pea. In France always green, always tender, always savoury. The first reason is that it is usually fresher than the market product elsewhere. The second is in the cooking. Peas are always cooked uncovered. If you insist on boiling them, have as little water as possible, salted, and cook as quickly as possible. But serve them in the French way—drain, dry in a dish over the fire, butter *off* the fire. If this is added while on the fire, the peas may toughen. My favourite method is à la Française, which I have given in the beginning of the chapter. The purée is delicious, of course, and gains added delicacy if a little lettuce and a parsley leaf or two are cooked with the peas. If there is any water left, boil it down a little, and use it to thin the purée in place of cream or milk, the purée being made in the usual way. It is important to have this delicate purée retain all the flavour possible. Some chefs always

add a bit of sugar to the cooking, whatever it is. In the country districts, they make a sturdier dish by cooking salt pork or bacon with them, which makes an entirely different dish, naturally.

Petits Pois

Melt a piece of butter in the frying-pan.

When hot, add some salt pork or bacon cut in little pieces.

Brown these. Remove from the fire.

Add a tablespoon of flour to the grease in frying-pan.

Mix well with the butter and bacon fat.

Add two cupfuls of water or stock, a bouquet, salt and pepper, and a few little onions.

Cover the dish and simmer about an hour.

Tomates

Tomatoes are capable of so much more than we demand of them. Try them grilled often, and become familiar enough with the tomato sauce technique (purée really) so that you can make it in an instant to give quality, especially to cheap dishes. Use your ingenuity in planning stuffings of meat or chicken, other vegetables, and onions, of mushrooms,

onions, tomato, and breadcrumbs, sautéd, etc. Anchovies or truffles always add piquancy to a stuffing, as you realize by now. To cook stuffed tomatoes, sprinkle with a little oil, put them on a buttered baking dish, preferably the one from which they are to be served, and bake in a very hot oven. They can be basted with a little stock or water, or baked dry. Instead of our ordinary stewed tomatoes, try some time

Tomates à la Portugaise

Cut tomatoes in quarters.

Sauté them in oil.

When cooked, add a little chopped shallot and a very little chopped garlic, salt, pepper, and a little bouillon.

Cook a few minutes. Serve with chopped parsley.

If this chapter doesn't leave you with a consuming desire for a vegetable garden of your own, or at least a herb garden—even if it is only in a window-box—you are not a "born housewife".

CHAPTER IX

SALADS

THE French salad is the one example of one-model, standardized production in their cuisine! Eaten every day by most families, it will always be found the same. None of the strange combinations which we produce in the name of salad for the Frenchman—no stuffed pears, pineapple delights, banana salad "splits". Instead, only a bowl brought to table usually, with the dressing sometimes mixed at table—a bowl of fresh greens. Lettuce, endive, chicory, watercress—with beets often an added ingredient. A French dressing compounded simply of oil and vinegar in the classic proportions of three of oil to one of acid, with seasoning. Lemon juice often taking the place of vinegar in a land where the vinegar is superior to ours. In a restaurant you can always specify which you want. There is always a soupçon of garlic—but only a hint! You can introduce this by rubbing the bowl with a cut clove of garlic, or by rubbing a piece of bread with a clove and then "scouring" the inside of the bowl with the

bread. If you want more than a hint you can introduce a clove into a piece of bread which you leave in the salad when it is served—one piece for the bowl; or leave a clove in the dressing a few minutes. Most French palates want only the whiff!

The combined vegetable salads mentioned in the Hors-d'œuvre chapter are served as a first course, or sometimes accompany cold meats. Hot roasts of fowl especially are often served with green salads, the most popular being watercress.

And that is the story of salads!

CHAPTER X

DESSERTS

I ONCE watched the grand chef on the *Ile de France* make a Baba à l'Ancienne and a Soufflé Glacé Valencia, with the aid of two assistants who knew just the right moment to hand him every little thing, and nobody knows how many more who had prepared ingredients before. It was something of a ritual, and it took a long time! And I want to state right here that this is *not* the kind of dessert I am going to talk about!

The "dessert listing" on a restaurant menu is not impressive. In the smaller ones it is limited to Crêpes, Patisseries, Glacés, Compotes, Pots de Crème, Mousse au Chocolat, and fruit, always fruit for those who can afford this semi-luxury; in the larger ones you will find the Coupes, Condés, Soufflés, and other specialities of the haute cuisine. With this choice, probably the majority of patrons choose fruits. Obviously the grand confections which only a fine French chef can toss off are not for the ordinary kitchen which gives this book its name. But there are some charac-

teristic desserts of the family, which will be a distinct addition to the ordinary cuisine, and other techniques which will transform rather plain, matter-of-fact food like our stewed fruit into "company" dishes. It is these that are presented in this chapter, with a few of the more complicated ones.

Is the "happy family breakfast table" of tradition shot all to pieces because Johnny registers a howling protest when confronted by stewed fruit? Then why not try the French method either for its accepted place in French meals—dessert, or for its substitute here, breakfast? It is guaranteed to start the day off better than Dinah's stewed prunes. The "secret" is the same—CARE—of which I have spoken before!

This dish must have its "sauce" just as must the chicken, the fillet, or the asparagus. With fruits this sauce is produced by cooking them in a *syrup*, never in plain water, the process being called "poaching" just as it was with sole. You will have to experiment with this sauce, the amount of sugar and water varying with the tartness of the fruit. The ordinary proportions are a half-cupful of sugar to one of water. The process is simple enough—

cook the sugar and water together for five or ten minutes; add the fruit; cook slowly, without disturbing, covered, until it is done; remove the fruit carefully so as not to destroy the shape; reduce the sauce to a thick syrup; pour over the fruit. A very rich, luscious syrup which will produce a "shining morning face" on any child, and be good for him, too. Apples are usually quartered; pears and peaches are halved or cooked whole. A little lemon juice is added to the syrup of the pears to keep them white; while if you prefer them red, you can add a glass of red wine a little before they are done. Apricots, cherries, plums, prunes—the process is the same. When they are to be used for dessert, a little currant jelly is often used to garnish the flatter-tasting fruits, like apples and pears. Although the idea would probably never occur to a Frenchman, there is no reason why you should not try mint jelly, too. Usually a vanilla bean is added to the syrup, while the inclusion of a little wine of any sort toward the end of the cooking is common. And there you are—a really delicious dessert, which you can garnish or adapt in any way you see fit. A combination of these poached fruits is especially pleasing, called a Compote. The

French *do* make a dish similar to our apple sauce, but they have another name for it—Marmelade. The technique is slightly different, too.

Marmelade de Pommes or Purée de Pommes

Put quartered apples in a pan with a little piece of butter, sugar to taste, and a vanilla bean if you want that flavour, or some orange peel. Add a very little water.

Cook over a slow fire, stirring often to keep from sticking.

Mash through a sieve, as for a purée.

If you are serving it hot, sprinkle powdered sugar over the top. If you are serving cold, garnish with jelly.

You can make purées like this of pears, peaches, raspberries—many fruits. You can always add a little Kirsch if you have it! Purées of fresh fruits like raspberries, strawberries, very ripe apricots, are delicious, too. These should be sweetened with a little syrup. Sometimes the French housewife decorates the serving with fried bread croûtons. To make a dressier dish, she uses the bread in another way.

Charlotte de Pommes

This is just another way of serving a purée, really.

Fry bread croûtons cut to fit the bottom of a baking dish, and other strips which you can use to line the sides. The idea being to make as tight a lining for the dish as possible.

Line the dish with the fried bread.

Fill the dish with a purée of apples.

Brown in a hot oven.

Turn onto a platter, and serve with the French garnish of currant jelly, or the American one of hard sauce or whipped cream.

Strange, isn't it, that every country produces similar combinations: some variation of the pork and beans formula, for instance; of the stew; and here—of the Brown Betty idea. This can be varied by the use of other fruit purées.

Still another purée dish uses a meringue.

Charlotte de Pommes Meringuées

Put the purée on a serving platter, which can be put in the oven.

Make a meringue as we do.

Cover the purée with it.

Brown in the oven.

Still another combination of the substantial bread-apple combination is the popular

Pommes au Beurre

Peel apples and remove the cores.

Cut round slices of bread the size of the apples.

Put these in a butter pan with an apple on each slice.

Fill the centres of the apples with powdered sugar and butter.

Bake, basting from time to time with the liquid plus a little water. Add more butter and sugar during the cooking.

Serve hot, adding a little currant jelly, or apricot or orange marmalade, to the sauce if you wish.

This recipe may be varied by filling the centres with currant jelly, apricot, or mint jelly when ready to serve; or by filling the centres with apricot or orange marmalade before cooking, adding the butter, too. Sauces for these apple dishes can be enlivened by the addition of red currant jelly, orange marmalade, raspberry purée or jelly—anything similar which suggests itself to you. Always reduce a little before serving. Kirsch is a welcome addition, as always. Peaches and pears may be baked this way, too.

Of course the classic baked apple in France is

Pommes à la Bonne Femme

The technique is the same as with the Pommes au Beurre, except that the apples are baked without the bread. Often for a special occasion they are basted with white wine, instead of the water.

Bread by itself forms the basis of one of the commonest French desserts.

Pain Perdu

Why *perdu* I don't know, unless because the bread is presumably so stale that it would be "lost" if it weren't used in some tricky way like this.

Boil two glassfuls of milk with a little sugar, a pinch of salt, and something to flavour it—orange or lemon peel, or vanilla.

Take slices of bread—about a half-inch in thickness—cut in any shape that pleases you. Dip in the milk, soak a minute and drain.

Beat two eggs. Dip the bread slices in the eggs. Fry in butter.

Serve sprinkled with powdered sugar, or garnished with jelly or marmalade.

I can remember seeing my French grandmother, one of the best of cooks, make this dish in a simpler way which pleased *me* very well. She dipped the bread in plain sweetened and salted milk, afterwards in egg, and then fried it. You will get a slightly more provocative taste by the suggested "improvements".

Fruits poached in syrup are the basis of all the dishes of the Condé family. So—again—if you will learn one technique, you can make half a dozen dishes. That is one advantage of dealing with a traditional cuisine.

Any Condé involves fruits cooked in syrup, rice especially cooked, and apricot syrup. At least it should! Although only recently I ordered a Pear à la Condé in an expensive restaurant advertising French cuisine, to be served with two sad-looking tinned pears, palely reposing in the midst of plain boiled rice, and topped by whipped cream! Shades of Brillat-Savarin and all the other French gourmets! Whipped cream! A very nondescript dish obviously, with nothing French about it, except the name. The fruits you can prepare without further direction. Pears are the most common base, although apples, peaches, apricots, and pineapple are also

used in a dish à la Condé. They are cooked whole or halved. Tinned fruit *can* be used, but it should be cooked in its syrup first, for some time, to make it richer.

The rice is prepared as follows:

Blanch the rice by putting it in cold water and bringing it to a boil. Drain it, and run cold water over it.

Then put it to cook in hot milk—proportions about a cup of rice (original measurement) to two of milk—with about a half-cupful of sugar, a little salt, and a little flavouring—vanilla, orange, or lemon.

Cook slowly until it is done. Do not stir.

When cooked, bind with the yellows of two eggs and a piece of butter—that is, gradually add the rice to two beaten yolks, or vice versa, and add butter.

The sauce is made thus:

Cook apricots in syrup until they are soft.

Remove the apricots and make a purée of them.

Add the purée to the syrup, cooking a little until it is well blended and thick enough.

Tinned apricots can be used. These, too, should be cooked in the syrup.

As with the other sauces discussed for dessert uses, this one is improved for some people's taste by the tang of orange marmalade or the zest of Kirsch!

Now for the Condé itself.

Poire à la Condé

Form a ring of the rice, either moulding or forming it with a knife.

Place the poached pears on top of it.

Pour apricot over the arrangement.

Garnish if you wish with candied cherries.

The same plan can be used for other fruits, as I have said. And you can vary it still more if you wish by the addition of whipped cream, or other changes.

Rice cooked in this way is the basis of other desserts, too. You can put it in a caramelized mould. (Put the mould over the fire with a little sugar and water in it. Cook these until a caramel syrup has been formed, which you move around in the mould until the surface is coated.) Cook then about fifteen or twenty minutes in a pan of hot water (bain-marie) in the oven. Remove it from the mould when cooled. Add more caramel syrup if necessary. In all these custard or semi-custard preparations cooked in a bain-marie effect, see that the water does not boil! The heat of the oven should be only moderate.

You can actually mix the rice with an apple purée, garnish it with poached apples, quartered, and cook it in a mould in the oven for a few minutes. Jam, jelly, or syrup can be used with the service.

The supreme rice dish of France is just that

Riz Suprême or Riz à l'Impératrice

Have ready to use

Candied fruits—cherries, pears, apricots, for instance

Fresh cream

Rice

Kirsch if possible, vanilla, and almond flavour

Sugar

Gelatine

Yolks of two eggs.

Cook a half-cupful of rice in boiling water for about 5 minutes.

Put the rice in a colander, and turn cold water over it.

Add 1 cupful of hot milk, a tablespoonful of sugar, and a little vanilla. (This is really the cooking process described for the Condé dishes, as you see.)

Cook until done. Bring to a boil quickly in this cooking, then cook very slowly so that the cooking can be completed without stirring the rice. In the meantime soak a teaspoonful of gelatine in cold

water for about ten minutes, and beat the yolks of two eggs ready for the binding.

When the rice is done, remove it from the stove and add a tablespoonful of milk if it is too dry.

Add the egg yolks slowly and some more sugar if the rice is not sweet enough.

Add the candied fruit which has been soaked in Kirsch if possible. Add part of the gelatine which has been liquefied by putting over the flame a minute, or adding some hot water.

Have your mould sitting in a bowl of cracked ice.

To the rest of the gelatine add a half-teaspoonful of almond flavouring and some red colouring if you wish.

Put this gelatine in the mould, turning as it cools so that it forms a coating on the sides of the mould. Remove when cool.

Put the bowl of rice mixture in the ice, mixing slowly as it cools. Take out when it is thick.

Add gradually, a half-cupful of thick cream beaten stiff with 1 tablespoonful of sugar. Put this mixture in the mould and cool.

This is the actual technique employed by one of my favourite chefs. You can simplify it by adding all the gelatine at once, and finishing with the whipped cream and fruits when the dish is slightly cooled. Some chefs add a prepared custard instead of combining egg yolks

and milk with the cooked rice. The result is the same.

I have not the heart to go into the matter of Soufflés or pastry. They are too much of a gamble for the ordinary kitchen. Save these indulgences for yourself when you are in a fine French restaurant, preferably in France.

The Crèmes are not too different from ours. I will give you a basic recipe.

Crème Renversée au Caramel

Beat about two-thirds of a cupful of sugar with the whites of two eggs and the yolks of six.

Turn over them, slowly, two cups of boiling milk, flavoured with a little vanilla, beating well.

Let the mixture stand for a few minutes, removing the foam which collects on the top.

This would brown unduly in the cooking.

Pour through a fine sieve into a mould, baking dish, or individual baking dishes, which you have caramelized as you did the rice mould.

Cook in a pan of hot water (bain-marie) in the oven, observing the same precautions as you do in cooking rice or other custard mixtures, that is—do *not* let the water boil; have the oven moderate. The custard will be done when you can stick a knife in it and withdraw it—dry.

Cool and remove from the moulds if you do not want to use them for the service.

This cream can be made with different flavours. For caramel, mix the caramel with the custard sufficiently strong to flavour well. For coffee, use half milk and half strong coffee for the custard. For other flavours, as orange, almond, etc., add those instead of vanilla. Another cook, whose crèmes were perfection, boiled the milk first, cooled it, and then added it to the eggs. So I offer you a choice.

Sambaglione is a dish which you probably associate with Italian cuisine. Here it is in the French, too.

Sambaglione, or Crème Italienne

Take the yolks of six eggs, and beat with a half-cupful of sugar and a cupful of rum or Madeira.

Put in a bain-marie, stirring continually until the mixture is frothy.

White wine can be used instead of rum, in larger proportions. If you want to add the beaten whites at the end, after you have taken the cream from the fire, you will have a sort of mongrel Sambaglione which does not please me so well.

I mentioned a chestnut purée in the chapter on Vegetables, warning you against it if you

were on a diet! This is how the purée is converted into a dessert. Do you dare try it?

Skin the chestnuts (simplified if you prick them and put them in the oven about 15 minutes. If you place them in a pan with a little water, the peeling is still easier).

Make a syrup of water and sugar in the proportions of a cupful of water to three-quarters of a cupful of sugar.

Add the chestnuts and let simmer until they are tender.

Either cool them and heap them as they are in a border of rice, topped with whipped cream, or make a purée of them, diluting it with the syrup, and serving in the same way.

The French stare with amazement at sky-scraper layer cakes. They do little in that way themselves. But I will give you a recipe which my Germaine uses for a simple cake. For this she uses a small round dish about six inches across and an inch and a half high, producing a miniature loaf. She butters this as we do, always using a brush, and flours it.

Put in a mixing bowl 3 tablespoonfuls of sugar, and a little vanilla.

Add the yolk of an egg, and beat—beat hard.

Add a second yolk, and beat harder!

Add a third yolk, and beat harder still! By this time the mixture should be very light.

Mix 1 large tablespoonful of flour, and one of potato flour, and add slowly to the egg yolks.

Beat the whites very stiff. Add 2 tablespoonfuls of sugar slowly.

Fold the whites into the yolks.

Put a paper collar around the dish inside, extending about two inches above it. Butter this collar.

Pour in the mixture.

Bake in a fairly hot oven. Sprinkle with powdered sugar about fifteen minutes before it is done, decreasing the heat.

I have left until the last the much-advertised Crêpes, and I am going to give you the simplest kind of recipe and instructions, those which my Basque Joséphine followed. They always seem to work, and the simplicity of the formula gives it precedence over more complicated ones. Neither have these directions so much of that charming vagueness characteristic of most Crêpe recipes, which will suggest that you take a pound of flour and mix it with a little water until it has the consistency of something or other!

Joséphine's Crêpes

Beat 1 egg.

Add 3 tablespoonfuls of flour, salt, a little grated lemon peel, a little brandy if you have it, and enough milk to make the thinnest kind of batter, one that will run like the milk itself!

Put a little olive oil in the pan, move it around to coat the pan. Heat. Pour in a little batter—just enough to make a film.

Brown. Turn or not as you wish. If you do not turn them, sprinkle them with sugar or jelly, and roll them.

If you do turn them, serve them at table, heated over a chafing dish or Réchaud, in a little brandy, setting it afire at the last minute.

It still is a little vague, isn't it? But you will have to experiment, for any more definite directions would not help you. Remember that, as one chef says, "Plus les crêpes sont minces, plus elles sont bonnes". That is—the thinner they are, the better they are. Try a twist of the wrist to spread the batter around the pan, so that it is really only a film.

My friendly French editor asked me why I did not say something about all the exciting rôles which ice-cream plays in the French cuisine. We *do* know the Pêche Melba. It *does*

appear in our restaurants, often unfortunately in the same disappointing disguises that we experience in Condés. It is really a simple dish to prepare and, if you are willing to take the trouble to poach the fruit, a most delicious one.

Pêches Melba

Cook the peaches as directed in the stewed fruit process. If you use tinned fruit, poach it in its own syrup, reducing the syrup until it is thick and rich.

Make an attractive arrangement of halves of a peach on vanilla ice-cream.

Pour raspberry sauce over the peaches and cream.

This raspberry purée will prove useful to you in other ice-cream combinations which may suggest themselves to you, adding a refreshing acid taste and an attractive colouring. It is best made of fresh berries mashed through a sieve to form a purée and sweetened with syrup. The apricot purée mentioned before can also be made with fresh fruit, while currants make an even more refreshing sauce than raspberries. Any sauce profits, of course, by a dash of Kirsch.

A letter from a friend, in Paris for the first time, says, "Tried Sole Mornay, and I will

try it again any time. Tried Poire Hélène, and I'll never try another." This surprised me—an indictment of chocolate sauce, one of our most popular "food accessories"! A national institution really, the only food product which can compete with "diets" and win out. So why should we object when the French put it on pears?

Poires Hélène

Poach the pears in syrup. Either fresh or tinned ones can be used.

Arrange them on a bed of vanilla ice-cream.

Serve with a chocolate sauce.

Something in the nature of a fruit Sundae is

Pêches Dame-Blanche

Poach the peaches in syrup.

Arrange on vanilla ice-cream.

Top with splinters of pineapple, a few cherries, and chopped nuts.

Serve with whipped cream. (The French name for whipped cream is Crème Chantilly.)

Another attractive dessert which is a favourite with Germaine is made by "stuffing" poached peaches with vanilla ice-cream. She then serves

them with a luscious, bright-red raspberry sauce, and always shows the same childish delight when we are *so* surprised to cut them open and discover their delicious hearts of ice-cream!

The same ideas which you use in making up peach ice-cream desserts can usually be applied to pears. When a French chef wants to make any of these dishes unusually appealing, he is apt to add a few chopped or splintered almonds. The French chef also considers whipped cream an added touch, just as we do. But he has still another trick up his sleeve. He boils syrup to the thread stage and "throws" it over a bar from a wire whip with cut wires, making a fairy-like spun sugar which he moulds around one of these superlative ice-cream creations.

Before going on to some other ice-cream concoctions I want to mention one of my favourite desserts in France. I have eaten its equivalent in other countries, but the dish is never so refreshing and delicious as it is in a good French restaurant. There the dish is called a macédoine of fresh fruits. You know what this is by now—the same idea applied to fruits as to vegetables. A combina-

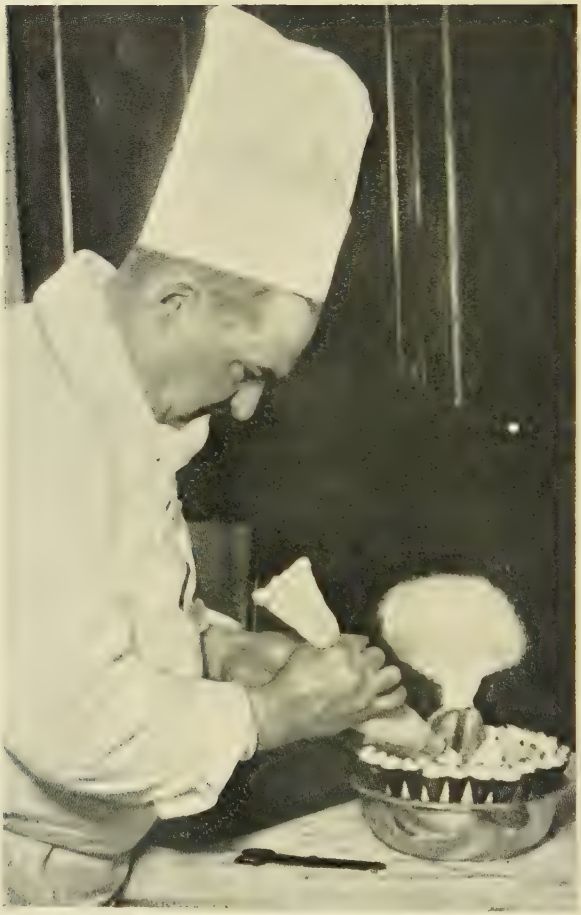
tion of cut-up fruits and small berries—fresh, in this case. The secret is to select fruits which will give a particularly delicious blend of flavours, and then to devote time and attention to the preparation. Peaches, pears, apricots, plums, bananas if you wish them, and some small bright fruits like cherries, strawberries, currants, or raspberries. Put them in a bowl large enough so that you can stir them up from the bottom easily. Sweeten them with syrup, flavoured by a little Kirsch if possible, or Orange Curaçao. Maraschino makes a good substitute. Let the bowl stand for an hour or more, mixing the fruit carefully three or four times to blend the flavours. It should stand in the icebox, in a pan of ice, or in a very cool place. Serve very cold. And do not think all this trouble unnecessary! It is sufficiently important in a good restaurant so that sometimes the maître d'hôtel himself makes the dish, and brags about it to his clients. You can add nuts or whipped cream if you wish, although usually the French service is plain or with rum.

Another familiar name is Coupe Jacques. Just why this particular coupe has become so popular I do not know as there are the

conventional fifty-seven varieties. The dish takes its name from the long-stemmed dish topped with a cup-like bowl in which the mixture is served. The idea is always the same: a "lining" of ice-creams or ices, usually a combination; often a filling of fruit purée, stewed fruits, marrons, or a macédoine of fresh fruits. Garnished often with whipped cream or purées. The poached fruits used most often are cherries, peaches, apricots, and pine-apple. Again, like the other ice-cream dishes discussed, these are certainly the dignified ancestors of our popular Sundaes. Ices are often selected for their colour combinations as well as for taste, and every effort is made to produce an attractive dish. A Coupe Jacques, incidentally, is usually a lining of lemon and strawberry ices, with a macédoine of fresh fruits.

The Bombes and the Surprises are in the stunt class, really, along with potato soufflés and pressed ducks. Something to be achieved undoubtedly, but not often in the ordinary kitchen. I won't attempt to tell you how to make them, since the technique is involved, but I will suggest a method with Bombes so that you can at least recognize one when

you see it. A mould is lined with one kind of frozen mixture, usually an ice or a plain ice-cream, and then filled with a special Bombe mixture which is more of a Mousse—a combination of custard and whipped cream. The whole is packed in ice and frozen. The French show their culinary genius in the combination of flavours and materials which they plan for these. One cookery book lists almost a hundred varieties with most engaging names. I believe that Louis XIV started this business of naming dishes, by giving almost as much credit to a chef who produced a masterpiece as to an artist or craftsman who created an exquisite objet d'art, a lovely chair, or an impressive monument of architecture. Nobles vied with each other in serving chefs-d'œuvre, and their names have come down to us in famous recipes like Poire Condé, Sauce Béchamelle, preparation Maintenon, eggs à la Villeroy, Sauce Soubise, etc. While the chagrined maître d'hôtel, who committed suicide during this period while in the service of the Prince Condé because he had failed to provide enough fish for a brilliant dinner party, has given his name (Vatel) to many French dishes and to restaurants. Between a hundred and two



Final touches to the masterpiece! The chef on the *Ile de France* puts whipped cream roses and a spun sugar crown on the soufflé.

hundred years of prolific production on the part of French chefs has resulted in a nomenclature rich in allusions and provoking to the imagination. Pullman-car "christeners" could well take a few lessons from the French!

Soufflés are chilled combinations made in much the same way as Bombes. Surprises carry you still another step up into the realms of la haute cuisine. They are combinations of creams and ices covered with meringue and baked in the oven. The deft use of a pastry bag, and of garnishes like cherries, candied flowers, and fruits makes a spectacular dish. I won't even suggest the technique as, no matter how well I might suggest it and how well you might follow, I am afraid that the result would be a "surprise", but an unfortunate one! Perhaps some of you would like to risk a little matter of a dozen eggs and a quart of cream on a soufflé, especially when you see the picture of the handsome one made by the grand chef of the *Ile de France.* He is just putting on the finishing touches in the photograph, having already made a border of fragile pastry cornucopias, filled with whipped cream; a centrepiece of a reconstructed orange made by fitting together the sections of an

orange which have been glacéd; topping this with a silvery aigrette of spun sugar; and finishing with pretty little whipped cream rosettes. This is his recipe, just as he wrote it out for us after we had watched the process.

Soufflé Glacé Valencia

Bombe Mixture

Separate the yolks from 15 eggs.

Mix with 2 cupfuls of syrup boiling at 140° F., flavoured with orange peel, by pouring the syrup slowly over the eggs and beating.

Put the dish in a bain-marie and whip until thick. Remove the dish into a cool place or set it in cracked ice and whip until it is cold.

Meringue Italienne

Cook a pound of sugar moistened with a little water until it forms a ball easily when taken on the finger and plunged into cold water.

Then turn slowly on to the well-beaten whites of 8 eggs and whip until the mixture is cold.

Fold the meringue into the Bombe mixture and add a quart of whipped cream coloured with carmine. Put the whole in the dish from which you expect to serve it—a silver bowl perhaps—surround it with cracked ice, salted, or put it in the icebox until it is firm.

Before serving decorate with little pastry cornucopias filled with whipped cream, and orange sections glacéd and put together again in the form of the orange. In the centre place an aigrette of spun sugar. Continue the decoration with whipped cream from the pastry bag.

Perhaps by another edition of this book both you and I will have become experienced enough so that I can pass on to you some of his other secrets, relating to Babas and Gâteaux, but I should hardly dare try now!

My critical editorial friend also suggested that I was not doing the right thing by you if I kept you in ignorance of the joys of dessert omelets. Perhaps not, although I feel that they will never become an important part of our cuisine. If you want to try one some day, proceed as for an ordinary omelet, adding sugar to season, about a teaspoonful to an egg. Cook in the usual way. If you want to serve it *flambée*, sprinkle it with sugar, roll it, pour a little rum on it, light the rum, and serve. If you want it *aux confitures* spread it with jam or fruit purée, roll it, sprinkle it with confectioner's sugar, place it a minute under the grill, and serve. A more elaborate one is called

Omelette Soufflée

Mix a half-cupful of sugar (confectioner's) with the yolks of 3 eggs and flavouring of lemon, orange, or Kirsch. Mix this *jusqu'a ce que ça blanchisse*, that is until it whitens.

Fold in the whites of 5 eggs beaten stiff. Handle this very gently.

Pour the mixture onto a baking platter sprinkled with butter and sugar.

Smooth the top and sides with a knife, shaping it. If you are tricky by this time with a pastry bag, decorate it with some of the whites that you have kept out.

Bake in a moderate oven until done. It should take about twenty minutes.

Just before removing it from the oven sprinkle it with powdered sugar, and leave a moment or two longer to glaze.

Don't be alarmed if it falls quickly. It will! Like snails this omelet is a test of devotion. If your friends won't make themselves ready at the proper time they will have only themselves to blame for a tough dish!

No, I haven't said a word about pastry because no ordinary French kitchen thinks of "rolling its own". It lets the Pâtisserie do that just as it lets the Charcuterie get its pigs' feet and its Quenelles ready for the final cooking.

Paste for ordinary tarts is made in the same proportions that we use for rich pastry—one pound of flour to a half-pound of butter or lard, and cold water enough to make the paste, usually about a small cupful. It is made in the same way as ours, but *invariably* put in the icebox or a cool place to chill for anywhere from a few hours to a day before it is baked. The more elaborate pastes, the Puff, the Brioche, the Baba, the Amande, etc., we shall not consider, believing with the French themselves that the pastry shops do a better job than you or I could.

I do want to add a word, though, about the insides of the tarts. If you want the yummy kind which you buy in French pastry shops, see that the fruit is poached in syrup, and that the syrup is reduced until it is almost like a jelly. A thick apricot sauce is used to coat the peaches or apricots in tarts of that name, thick enough to be put on with a brush. You can use some fruits fresh, like strawberries, coating them with a thick syrup. All these insides are added, of course, after the tarts are baked.

And this is the end! May all your experiments be successful enough to be rechristened with the cook's name!

INDEX

Anchovies, 14
Apples, 237–40
  à la Bonne Femme, 240
  au Beurre, 239
  Charlotte de Pommes, 238
  Charlotte de Pommes Meringuées, 238
  Marmelade de Pomme, 237
Artichokes—
  Fonds Farci, 202
  Fonds Florentine, 203
  stuffing, 203
Asparagus—
  à la Milanaise, 204 *et seq.*
Aubergines, *see* Eggplant

Beans—
  Lima, Brittany dish, 223
  Purée, 37
  red kidney, au Vin, 224
  string, Haricots Verts Bourgeois, 223
  string, preparation of, 222 *et seq.*
Beef—
  au Madère, 127
  braising, 119
  Chasseur, 127
  cold, 130
  en Cocotte, 127
  en Hachis, 129
  goulash, 128
Beef (Cont.)
  Henri IV, 127
  Mistral, 126
  Oiseaux sans Tête, 127
  Rognons sautés, 131
  Salad, 16
  Stock, 26
  Vert-Pré, 127
Blinis, 14
Butters, 12, 56

Cabbage—
  Chou Farci, 213
  Chou Rouge aux Pommes, 214
  Salad, 18
Canapés, 12
Carrots—
  à la Bourguignonne, 209
  methods of preparing, 209
Cauliflower—
  à la Polonaise, 216
  methods of preparing, 215
  Milanaise, 621
  Mornay, 215
Caviare, 13 *et seq.*
Celery—
  boiling, 218
  Braisé, 219
  Hors-d'œuvre, 20
Cheese, 20

Chestnuts—
Purée of, 226, 248
shelling, 226
Chicken, 150–171
braising, 169
Chasseur, 164
Demidoff, 168
Fermière, 158
French distinctions in, 150–4
Fricassée, 162
Lyonnaise, 159
Marengo, 161
Parmentier, 156
poëling, 152, 166 *et seq.*
Portugaise, 158
Poularde, 151
Poule au Pot, 150
Poulet dit à la Reine, 152
Poussin, 153
Provençale, 160
roasting, 171
sautéing, 154
Stock, 32
Consommé, Cold, 31
Creams, 12
Croûton—
Royale, 30
Cucumbers—
à la Crème, 217
Salad, 16

Desserts, 234–261
Bombe mixture, 258
Bombes, 255
Desserts (Cont.)
Bread, 240–1
Chestnut Purée, 248
à la Condé, 241
Coupe Jacques, 254
Crème Italienne, 247
Crème Renversée au Caramel, 246
Crêpes, 249–51
Fruit, 235–40
Ice-Cream, 250–9
Macédoine of fresh fruits, 253–4
Meringue Italienne, 258
Omelets, 259
Omelette soufflée, 260
Pain Perdu, 240
Pêches Dame-Blanche, 252
Pêche Melba, 251
Poire à la Condé, 243
Poire Hélène, 252
Riz Suprême, 244–5
Sambaglione, 247
Simple Cake, 248
Soufflé Glacé Valencia, 258
Soufflés, 257
Stuffed Poached Peaches, 252
Surprises, 255
Tart Pastry, 261
with Rice, 241–246
with Spun Sugar, 253
Ducks, 171–179
Canard Pressé, 175 *et seq.*
Caneton aux Navets, 173

Ducks (Cont.)
Caneton aux Olives, 173
Caneton aux Oranges, 173
Caneton aux Petits Pois, 175

Eggplant—
à la Provençale, 206
Farcies, 207
stuffing, 208
Eggs, 19, 69–85
Beaugency, 76
Brouillés, 76
Croquette, 85
en Cocotte, 73
Florentine, 75
Frying, 69–71
Mornay, 75
Omelets, 77–82
Omelette à l'Oseille, 80
Omelette aux Crevettes, 81
Omelette aux Fines Herbes, 80
Omelette aux Rognons, 81
Omelette Mousseline, 82
Omelette Parmentier, 80
poaching, 74, 84
scrambling, 76
stuffing possibilities, 83
sur le Plat, 71 *et seq.*
uses of, 19

Fines Herbes, 156 *et seq.*
Fish, 86–114
boiling, 90
Fish (Cont.)
braising, 91
Cabillaud Portugaise, 96
Cod, fresh, 95–6
Cod, salt, 96–7
Frogs' Legs, 113
frying, 95
Grenouilles à la Poulette, 113
Grenouilles Provençale, 114
Grenouilles Sautées, 113
grilling, 93, 103
Homard à la Manière de Bicard, 111
Homard à la Newburg, 110
Homard Langouste, 110
Lobster, 110
Mackerel, 101
Merlan à la Bercy, 100
Merlan au Gratin, 99
Morue à la Biscain, 97
Morue Fermière, 96
Morue Lyonnaise, 97
poaching, 92, 103
Salmon, 101
sautéing, 94
Skate, 100
Snails, 112
Sole, 102–9
Sole Bourguignonne, 105
Sole Caprice, 107
Sole Florentine, 106
Sole, Grand-Duc, Filets de, 108
Sole Mornay, 105

Fish (Cont.)
Sole Normande, 106
Trout, 100
Whiting, 99 *et seq.*
Fruits, à Compote, 236
à la Condé, 241 *et seq.*
Apricot Purée, 242, 251
Macédoine, 253–4
Pêches Dame-Blanche, 252
Pêche Melba, 251
poaching, 235
Poire Hélène, 252
Raspberry Purée, 251
Stuffed Poached Peaches, 252

Game, 179–183
Hare, 182
Partridge, 180
Pheasant, 181
Rabbit, 182
Garnishes—
Chestnuts, 227
for Fish, 103 *et seq.*
for Meats, 123 *et seq.*
for Soups, 31, 37
for Sweetbreads, 137
Quenelles, 147
variety of, 123 *et seq.*
vegetable, 40
Geese, 178–9
Oie Alsacienne, 178

Hors-d'œuvre, 9–21
Anchovies, 14
Hors-d'œuvre (Cont.)
Beetroot, 20
Blinis, 14
Butters, 12
Canapés, 12
Caviare, 13
Celery, 20
Creams, 12
Eggs, 19
Fish, 19
Peppers, 20
Radishes, 20
Salads, 14–18

Kidneys—
Beef, 131
Mutton, 143
Veal, 132

Lamb, *see* Mutton
Liver, 133

Meats, 115–149
Beef, 126–131
Bœuf à la Mode, 128
Braising, 119, 141
Gravy, 118
Lamb, *see* Mutton
Mutton, 140–5
Poëling, 121 *et seq.*
Pork, 145–9
Quenelles, 147 *et seq.*
Roasting technique, 117 *et seq.*
Sautéing, 126

Meats (Cont.)
Veal, 131–140
White, *see* Poultry for method of preparing
Mushrooms, Cèpes à la Bordelaise, 211
Cèpes à la Provençale, 212
methods of preparing, 210 *et seq.*
Mutton, Brains, 143
Cassoulet, 143–4
Chops, 140
Chops en Casserole, 141
Currie Mouton, 143
Kidneys, 143
Lamb, 145
Leg of, 140
Ragoût dit Navarin, 141 *et seq.*
Shoulder of, 141

Onions, accessory, 228
à l'Escoffier, 18
creaming, 228
Purée, 228
Soups, 44 *et seq.*

Peas—
à la Française, 192
boiling, 229
Petits Pois, 230
Purée, 229
Pork—
chops, 145
Basque ham dish, 147 *et seq.*
Pork (Cont.)
Pig's Feet, 146 *et seq.*
Potatoes—
au Fromage, 200
Boulangère, 198
Château, 196
Creamed, 200
Croquettes, 201
en Matelote, 198
Farcies, 199
Pommes Frites, 194
Purée, 194
Salad, 15 *et seq.*
Sautées, 197
Sautées Lyonnaise, 197
Soufflé, 195–6
Poultry, 150–183
Chicken, *see* separate item

Salads, 14–18, 232–3
Beef, 16
Cucumber, 16
Fresh Greens, 232
Macédoine, 17
Potato, 14
Red Cabbage, 18
Tomato, 14, 15
when to serve, 233
Sauces, 52–68
à la Condé, 242
Aurore, 60
Béarnaise, 68
Béchamelle, 39, 58
Beurre Escargot, 57
Beurre Maître d'Hôtel, 57

Sauces (Cont.)
Beurre Noir, 56
Beurre Ravigote, 57
Blanche, 67
Brown Roux, 63
Chantilly, 55
Chasseur, 65, 165
Cremaillère (for sole), 114
Crème, 59
Crevette, 60
Fruit Syrup, 236
Hollandaise, 66–7
Madère, 65
Maître d'Hôtel, 56
Mayonnaise Corail, 54
Meunière, 56
Mornay, 59
Périgueux, 65
Ravigote, 60
Robert, 64
Soubise, 62
Suprême, 166
Tartare, 55
Verte, 53
Vinaigrette, 68
White Wine, 98
Soups, 22–51
à l'Oignon à la Stanislas, 45
à l'Oignon à l'Escargot, 47
aux Cerises, 43
Bean Purée, 37
Blanchée, 44
Bouillabaisse, 48
Bouillabaisse Américana, 50
Bouillon Double, 28
Soups (Cont.)
Cabbage, 41–2
Carrot Purée, 38
Chestnut, 37
Consommés, 23
Court-bouillon, 90
Crème d'Oignon, 48
Fumet, 89
how to serve, 25
Onion, 44
Potage aux Choux, 41
Potage Crécy, 38
Potage Crème, 39
Potage de Santé, 37
Potage Gentilhomme, 35
Potage Parmentier, 35 *et seq.*
Potage Paysanne, 41
Purée de Cresson, 35
Purée St. Germain, 36
Purées, 34 *et seq.*
Royale, 30
stocks, *see* separate item
Spinach—
à la Crème, 220
Plain, 220
Soufflé, 221
Stock—
Beef, 26
Chicken, 32
Fish, 89
pot, 23 *et seq.*
Veal, 32

Tomatoes—
à la Portugaise, 231

Tomatoes (Cont.)
grilling, 230
Salad, 14, 15
stuffing, 231
Turnips—
frying, 227
glazing, 227
Navets Farcis, 228

Veal—
Blanquette de Veau, 138
Calf's Head, 132
Cervelle à l'Anglaise, 136
Cervelle au Beurre Noir, 136
Cervelle Beurre Noisette, 136
Chops, 135
Cutlets à la Bonne Femme, 135
Escalopes de Ris de Veau Florentine, 138
Foie aux Raisins, 133
Foie aux Tomates, 134
Foie de Veau, 133
Marengo, 140
Oiseaux sans Tête, 139
Paupiettes de Veau, 139
Ragoût, 139
Rognons Sautés, 132
Sweetbreads, 136 *et seq.*
Vegetables, 184–231
Artichokes, 201–4
Asparagus, 204–5
Vegetables (Cont.)
Aubergines, 207–8
Beans, 193, 222–5
boiling, 188
braising, 190
Broccoli, 216
Brussels Sprouts, 214
Cabbage, 18, 213–14
Carrots, 193, 209–10
Cauliflower, 215-17
Celery, 191–2, 218–19
Chestnuts, 226–7
Chicory, 212
creaming, 189
Cucumbers, 217–18
"dry" boiling, 188
Eggplant, 207-8
Endive, 191, 219
false braising, 191–2
French tradition, 184 *et seq.*
garnishes of, 40
glacéing, 190
Lentils, 226
Lettuce, 191, 225
Mushrooms, 210–12
Onions, 18, 228
Peas, 192, 229
Potatoes, 193–201
Purées, 189
sautéing, 188
Spinach, 220–2
Tomatoes, 230–1
Turnips, 193, 227–8

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